

# DOAN'S DIRECTORY

OF THE UNITED STATES



'STATUE OF LIBERTY'  
NEW YORK HARBOR

LATEST  
EDITION

PUBLISHED BY THE FOSTER-MILBURN CO. BUFFALO-N.Y.

# Why Your Health Depends Upon Your Kidneys!

*Your Kidneys Are Constantly Eliminating Waste Poisons From Your Blood. To Be Well See That They Function Properly.*



**Y**OUR kidneys! Do you realize what an important part they play in your bodily health and length of life? They are the blood filters. The blood is passing through the kidneys constantly and every 24 hours they excrete more than 500 grains of poisonous waste. Thus your kidneys are literally sentinels of your health.

Ordinarily the kidneys eliminate these bodily impurities with marvelous thoroughness. But modern life throws a heavy burden on our kidneys, and a great deal of the sickness of today is directly traceable to kidney disorders.

It is well, then, to keep careful watch of the kidneys. If they fail to fully perform their function, body poisons are left in the blood and without their proper elimination, good health is not possible.

Such impurities are apt to make one feel languid, tired and achy. There may be a dull, nagging backache, drowsy headaches and dizzy spells. A common warning that the kidneys are not acting right is too frequent, scanty or painful urination.

While, naturally, all pains in the back are not due to the kidneys, if you have any combination of these symptoms you've good cause to suspect your kidneys. There is positive danger in neglecting sluggish kidneys, for when the kidneys fail to do their work fully, there is slow poisoning of the system, which may lead to many serious conditions.

But why dwell on the dark picture?

Rather think of the brighter side. To treat any trouble in the beginning gives you a much better chance to correct it and perhaps to add years to your life.

If you have any reason to believe your kidneys are not functioning properly, read this book. It tells the stories of many who have won back good health through the use of *Doan's Pills*, the best recommended, the most widely-used of all advertised diuretic medicines for the kidneys.

Read what these users say about *Doan's* and for common sense health hints see page 25.



# DOAN'S DIRECTORY OF THE U.S.

LATEST EDITION

GIVING PRESENT POPULATION OF INCORPORATED PLACES THAT HAD 1000 OR MORE INHABITANTS AT THE 1920 FEDERAL CENSUS.

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## OUR COVER DESIGN—STATUE OF LIBERTY, NEW YORK HARBOR

THE Statue of Liberty situated on Bedloe's Island, New York Harbor, is the largest and most imposing statue in the world. It is a gift from France to commemorate the one hundredth anniversary of American Independence, and was designed by Frederick Auguste Bartholdi. The French people subscribed 1,000,000 francs to pay for its construction and \$300,000 was raised in the United States by popular subscription for the pedestal. It represents a female figure, crowned with a diadem, torch in right hand and clasping in left hand close to body a tablet bearing inscription, "July 4, 1776." The statue weighs 225 tons and is constructed of hammered bronze laid over a framework of iron. It is 151 feet 5 inches high, the total height including pedestal being 301 feet 3 inches.

WHAT is the population of your home town? When asked this question, where do you find the answer? In *Doan's Directory*, of course! It is the only advertising book published containing latest Government estimates available at the time this edition went to press, of cities having 30,000 or more inhabitants, with unofficial estimates of incorporated cities and towns that had 1,000 or more inhabitants at the 1920 census. The list contains population of over 5,200 communities, alphabetically arranged, state capitals being indicated by bold-face type. *Doan's Directory* is a useful reference book. It also contains much interesting information about *Doan's Pills*, as well as some common sense rules of living. Save this book. It will please us to mail a copy, postage paid, to your friends, upon receipt of address.

FOSTER-MILBURN COMPANY, BUFFALO, N.Y.

## DOAN'S 1930 DIRECTORY—Alabama, Alaska, Arizona, Arkansas, California

PLACE	POP.	PLACE	POP.	PLACE	POP.	PLACE	POP.	PLACE	POP.
<b>ALABAMA</b>									
Abbeville.....	2,573,000	Hartsell.....	2,320	JUNEAU.....	3,340	Dermott.....	2,695	Searcy.....	3,275
Abbeville City.....	1,455	Headland.....	1,440	Ketchikan.....	2,760	Des Arc.....	1,510	Siloam Springs.....	2,980
Albany.....	8,735	Huntsville.....	23,413	Nome.....	1,490	DeWitt.....	1,640	Springdale.....	2,625
Albertville.....	1,920	Jackson.....	1,535	<b>ARIZONA</b>					
Alexander City.....	2,660	Jacksonville.....	2,780	474,000					
Altoona.....	1,240	Jasper.....	3,755	Bisbee.....	9,925	Dierks.....	1,735	Stuttgart.....	5,240
Andalusia.....	4,660	Lafayette.....	2,910	Clifton.....	4,820	Earle.....	2,445	Texarkana.....	10,045
Anniston.....	21,465	Laurens.....	5,770	Douglas.....	12,335	El Dorado.....	20,000	Thornton.....	1,515
Ashland.....	1,915	Leeds.....	1,850	Flagstaff.....	3,690	England.....	2,790	Van Buren.....	6,045
Athens.....	3,845	Lineville.....	1,745	Glendale.....	3,185	Eureka Springs.....	2,810	Walnut Ridge.....	2,575
Atmore.....	2,055	Lipscomb.....	1,855	Globe.....	8,160	Fayetteville.....	6,230	Warren.....	2,490
Attalla.....	4,010	Marion.....	2,355	Jerome.....	4,665	For City.....	3,915	Wynne.....	5,430
Auburn.....	2,480	Mazon.....	2,345	Kingman.....	2,925	Fort Smith.....	33,185	<b>CALIFORNIA</b>	
Bessemer.....	22,975	Mobile.....	69,600	Mesa.....	3,525	Gillett.....	1,345	4,556,000	
Birmingham.....	222,400	<b>MONTGOMERY</b>		Miami.....	7,750	Greenwood.....	1,590	Alameda.....	33,325
Boaz.....	1,580	Northport.....	1,855	Moroni.....	5,730	Gurdon.....	1,695	Albany.....	2,855
Boyle.....	1,580	Oakman.....	1,240	Nogales.....	6,015	Hamburg.....	1,785	Alhambra.....	11,655
Brewton.....	3,105	Opekka.....	5,740	<b>PHOENIX</b>		Harrison.....	4,030	Anaheim.....	6,400
Bridgeport.....	2,250	Oxford.....	1,275	40,420		Hartford.....	2,425	Antioch.....	2,235
Brighton.....	4,250	Ozark.....	2,915	Prescott.....	5,805	Helen.....	10,630	Arcadia.....	2,595
Carbon Hill.....	3,090	Phoenix.....	6,290	Safford.....	1,545	Hope.....	5,530	Arcata.....	1,735
Chapman.....	1,325	Piedmont.....	3,050	Tempe.....	2,270	Hot Springs.....	16,230	Auburn.....	2,650
Clanton.....	1,630	Pittsboro.....	2,680	Tombstone.....	1,370	Huntington.....	1,675	Azusua.....	2,840
Columbiana.....	1,235	River Falls.....	1,275	Tucson.....	27,950	Hutidge.....	1,460	Bakersfield.....	24,555
Cordova.....	1,880	Roads.....	4,445	Williams.....	1,565	Jonesboro.....	11,590	Banning.....	2,100
Cullman.....	2,860	Roselle.....	2,625	Winslow.....	3,320	Lake Village.....	1,670	Benicia.....	3,110
Dadeville.....	1,335	Russellville.....	2,625	Yuma.....	4,955	Leslie.....	1,705	Berkeley.....	71,000
Decatur.....	13,455	Samson.....	1,905	<b>ARKANSAS</b>		<b>LITTLE ROCK</b>			
Demopolis.....	3,220	Scottsboro.....	1,630	1,944,000		79,200			
Dothan.....	15,120	Seima.....	17,755	Arkadelphia.....	3,835	Lonoke.....	1,980	Blythe.....	1,875
Elba.....	1,940	Sheffield.....	7,735	Arkansas City.....	1,715	Magnolia.....	2,500	Brawley.....	6,230
Enterprise.....	3,490	Sylacauga.....	2,480	Ashtown.....	2,245	Malvern.....	4,470	Burbank.....	3,370
Eufaula.....	7,715	Talladega.....	7,585	Atkins.....	4,700	Marianna.....	4,530	Burlingame.....	4,760
Eutaw.....	1,575	Tallassee.....	2,355	Augusta.....	2,720	Marked Tree.....	3,615	Calexico.....	7,210
Evergreen.....	2,100	Townsville.....	1,155	Batesville.....	4,980	McGehee.....	2,740	Chino.....	2,475
Fairfield.....	5,800	Thomas.....	1,795	Benton.....	3,395	Mena.....	3,985	Chula Vista.....	1,995
Fayette.....	2,010	Troy.....	6,595	Bentonville.....	2,675	Monticello.....	2,740	Claremont.....	2,005
Florida.....	3,045	Tuscaloosa.....	13,680	Berryville.....	1,700	Nashville.....	3,505	Coalinga.....	3,395
Florence.....	13,275	Tuscumbia.....	4,460	Blytheville.....	10,770	Newport.....	2,495	Calico.....	4,970
Fort Payne.....	2,340	Tuskegee.....	2,870	Booneville.....	2,545	Norfolk.....	4,365	Colusa.....	2,135
Gadsden.....	19,895	Union Springs.....	4,775	Brinkley.....	3,140	N Little Rock.....	16,410	Compton.....	1,710
Geneva.....	1,830	Uniontown.....	1,570	Camden.....	3,735	Ocala.....	2,030	Corning.....	1,670
Georgiana.....	1,800	Wetumpka.....	1,760	Clarendon.....	3,050	Ozark.....	1,460	Corona.....	4,775
Girard.....	5,725	York.....	1,910	Clarksville.....	2,480	Paragould.....	7,305	Coronado.....	3,805
Greensboro.....	2,065	<b>ALASKA</b>		Chester.....	5,275	Paris.....	2,010	Covina.....	2,315
Greenville.....	4,020	*55,036		Cincinnati.....	1,810	Piggott.....	2,310	Daly.....	4,375
Guntersville.....	2,210	Anchorage.....	2,085	Cotton Plant.....	1,925	Pine Bluff.....	22,595	Dinuba.....	3,940
Halesville.....	1,610	Fairbanks.....	1,300	Crossett.....	3,135	Pocahontas.....	2,080	Dunsmuir.....	2,930
Hartford.....	1,815	Dardanelle.....	2,139	Rector.....	2,085	Prescott.....	3,105	Eagle Rock.....	2,615
		De Queen.....	2,915	Rogers.....	3,840	Reynolds.....	2,495	East San Diego.....	4,800
				Russellville.....	5,210	El Centro.....	6,280	El Centro.....	1,745



# DOAN'S 1930 DIRECTORY—Cal., Col., Conn., Del., D. C., Fla., Ga., Hawaii, Idaho

## CALIFORNIA—Con.

Emeryville . . .	2,765
Escondido . . .	2,070
Eureka . . .	3,140
Exeter . . .	2,435
Fort Bragg . . .	3,025
Fowler . . .	1,785
Fresno . . .	64,000
Fullerton . . .	5,115
Gilroy . . .	3,315
Gridley . . .	3,350
Glendale . . .	40,240
Glendora . . .	1,710
Grass Valley . . .	4,640
Gridley . . .	1,895
Hanford . . .	6,825
Hayward . . .	4,040
Healdsburg . . .	2,795
Hemet . . .	1,710
Hollister . . .	3,220
Holtville . . .	1,555
Huntington Pk . . .	25,220
Imperial . . .	2,190
Inglewood . . .	23,800
Jackson . . .	1,840
Kingsburg . . .	1,520
La Verne . . .	1,965
Lemoore . . .	1,570
Lincoln . . .	1,430
Lindsay . . .	2,985
Long Beach . . .	2,210
Lompoc . . .	5,610
Long Beach . . .	127,500
Los Angeles . . .	1,366,000
Los Banos . . .	1,475
Los Gatos . . .	2,680
Madera . . .	2,945
Manteca . . .	4,490
Martinez . . .	4,465
Marysville . . .	8,755
Mayfield . . .	1,305
Merced . . .	4,605
Modesto . . .	2,960
Modesto . . .	14,360
Monrovia . . .	8,355
Monterey . . .	6,345
Monterey Pk . . .	4,760
Mountain View . . .	2,185
Napa . . .	7,825
National City . . .	3,595
Needles . . .	2,510
Nevada City . . .	2,060
Newman . . .	1,450
Oakdale . . .	2,015
Oakland . . .	390,150
Ontario . . .	9,430
Orange . . .	1,830
Orland . . .	1,830
Orville . . .	3,870
Oxnard . . .	5,115
Pacific Grove . . .	3,435
Palo Alto . . .	7,840
Pasadena . . .	62,100
Paso Robles . . .	2,210
Petaluma . . .	7,215
Piedmont . . .	4,960
Pittsburg . . .	4,640
Placerville . . .	1,910
Placerville . . .	17,350
Porterville . . .	7,745
Red Bluff . . .	3,595
Redding . . .	3,695
Redlands . . .	11,950
Redondo Beach . . .	7,545
Redwood City . . .	6,135
Reedley . . .	2,825
Richmond . . .	22,550
Riverside . . .	28,005
Roseville . . .	5,180

## SACRAMENTO

San Helena . . .	75,700
Salinas . . .	1,555
Salinas . . .	4,985
San Anselmo . . .	2,880
San Bernardino . . .	29,410
San Bruno . . .	1,815
San Diego . . .	119,700
San Fernando . . .	3,710
San Francisco . . .	585,300
San Gabriel . . .	3,055
Sanger . . .	2,995
San Jose . . .	45,500
San Leandro . . .	6,605
San Luis Obispo . . .	6,835

San Mateo . . .	9,920
San Rafael . . .	6,510
Santa Ana . . .	20,370
Santa Barbara . . .	25,140
Santa Clara . . .	6,050
Santa Cruz . . .	15,300
Santa Maria . . .	5,570
Santa Monica . . .	29,985
Santa Paula . . .	4,595
Santa Rosa . . .	9,755
Sausalito . . .	3,230
Sebastopol . . .	1,735
Sierra Madre . . .	2,340
Sonoma . . .	1,945
S. Pasadena . . .	9,860
S. Francisco . . .	5,200
Stockton . . .	51,000
Sunnyvale . . .	1,940
Taft . . .	3,840
Tracy . . .	2,835
Tulare . . .	4,095
Turlock . . .	3,925
Ukiah . . .	2,670
Upland . . .	4,650
Vallejo . . .	27,530
Valejo . . .	27,530
Venice . . .	15,155
Ventura . . .	8,026
Visalia . . .	6,665
Washtoe . . .	5,810
Watts . . .	5,240
Willits . . .	10,240
Willits . . .	7,700
Willows . . .	2,535
Woodland . . .	4,810
Yreka . . .	1,485
Yuba City . . .	3,605

## COLORADO

1,090,000	Akron . . .	1,615
	Alamosa . . .	3,670
	Aspen . . .	1,465
	Boulder . . .	12,660
	Brighton . . .	3,150
	Brush . . .	2,440
	Canon City . . .	5,270
	Colorado Spgs . . .	37,835
	Cortez . . .	1,405
	Crested Butte . . .	1,405
	Cripple Creek . . .	2,685
	Delta . . .	3,035
	DENVER . . .	294,200
	Durango . . .	4,765
	Eaton . . .	1,620
	Englewood . . .	5,500
	Florence . . .	5,040
	Ft. Collins . . .	11,290
	Ft. Morgan . . .	4,530
	Glenwood Spgs . . .	2,395
	Golden . . .	2,890
	Grand Jct . . .	11,285
	Greeley . . .	13,105
	Gunnison . . .	1,305
	Haxton . . .	1,295
	Holyoke . . .	1,405
	Idaho Springs . . .	1,385
	Julesburg . . .	1,525
	Louisville . . .	6,265
	Lafayette . . .	2,910
	Lamar . . .	2,910
	Las Animas . . .	2,605
	Leadville . . .	5,735
	Littleton . . .	1,895
	Longmont . . .	6,785
	Louisville . . .	2,085
	Loveland . . .	1,500
	Manitou . . .	1,305
	Monte Vista . . .	2,880
	Montrose . . .	4,140
	Ordway . . .	1,375
	Ouray . . .	1,365
	Pueblo . . .	44,200
	Rockvale . . .	1,385
	Rocky Ford . . .	4,330
	Salida . . .	5,425
	Silverton . . .	1,335
	South Canon . . .	1,480
	Steamboat Spgs . . .	2,450
	Sterling . . .	1,430
	Telluride . . .	1,870
	Trinidad . . .	12,520
	Victor . . .	2,055
	Walsenburg . . .	4,125
	Windsor . . .	1,490

Wray . . .	1,785
Yuma . . .	1,360

## CONNECTICUT

1,667,000	Ansonia . . .	20,290
	Bradford . . .	162,935
	Bridgeport . . .	25,770
	Bristol . . .	19,805
	Danbury . . .	3,620
	Danielson . . .	13,075
	Derby . . .	26,485
	Greenwich . . .	10,615
	Groton (Town) . . .	17,125
	HARTFORD . . .	172,300
	Jewett City . . .	3,685
	Manchester . . .	19,210
	Meriden . . .	37,100
	Middletown . . .	23,955
	Naugatuck . . .	17,125
	New Britain . . .	72,800
	New Haven . . .	187,900
	New London . . .	30,425
	Norwalk . . .	31,000
	Norwich . . .	24,170
	Putnam . . .	9,645
	Rockledge . . .	9,950
	Shelton . . .	11,490
	Southington . . .	9,900
	Stamford Spgs . . .	3,915
	Stamford . . .	43,800
	Stonington . . .	11,325
	Stratford . . .	12,905
	Torrington . . .	25,650
	Wallington . . .	10,805
	Waterbury . . .	104,095
	Willimantic . . .	13,540
	Winsted . . .	8,980

## DELAWARE

244,000	Delaware City . . .	1,225
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## DOVER

4,675	Georgetown . . .	1,970
1,970	Harrington . . .	2,610
2,610	Laurel . . .	2,415
2,415	Lewes . . .	1,460
1,460	Middletown . . .	3,125
3,125	Milford . . .	2,460
2,460	New Castle . . .	4,530
4,530	Seaford . . .	2,255
2,255	Smymna . . .	128,500

## DISTRICT OF COLUMBIA

569,500	Washington . . .	552,000
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## FLORIDA

1,411,000	Apalachicola . . .	3,185
3,185	Aracadia . . .	4,440
4,440	Bartow . . .	4,870
4,870	Bonifay . . .	1,255
1,255	Bradentown . . .	7,750
7,750	Chapman . . .	1,650
1,650	Clearwater . . .	5,310
5,310	Cocoa . . .	2,330
2,330	Dade City . . .	1,880
1,880	Daytona . . .	10,170
10,170	De Funck Spgs . . .	2,500
2,500	De Land . . .	6,150
6,150	Dunnell . . .	1,170
1,170	Edgewater . . .	2,265
2,265	Fernandina . . .	2,850
2,850	Ft. Lauderdale . . .	2,655
2,655	Fort Meade . . .	2,625
2,625	Fort Myers . . .	14,500
14,500	Fort Pierce . . .	3,950
3,950	Gainesville . . .	9,980
9,980	Green Cove Spr . . .	1,530
1,530	High Springs . . .	2,235
2,235	Homestead . . .	2,240
2,240	Jacksonville . . .	140,700
140,700	Jasper . . .	1,830
1,830	Key West . . .	14,535
14,535	Kissimmee . . .	4,065
4,065	Lake City . . .	4,535
4,535	Leakland . . .	18,070
18,070	Leesburg . . .	3,215
3,215	Live Oak . . .	3,005
3,005	Madison . . .	2,370
2,370	Marianna . . .	3,255

156,700	Miami . . .	156,700
2,075	Millville . . .	2,075
2,425	Milton . . .	2,425
1,880	Monticello . . .	1,880
1,560	Mulberry . . .	1,560
4,605	New Smyrna . . .	4,605
7,130	Ocala . . .	7,130
23,605	Orlando . . .	23,605
1,405	Ormond . . .	1,405
7,650	Palatka . . .	7,650
3,195	Palmetto . . .	3,195
1,560	Panama . . .	1,560
25,305	Pensacola . . .	25,305
2,625	Perry . . .	2,625
7,040	Plant City . . .	7,040
1,735	Punta Gorda . . .	1,735
2,935	Quincy . . .	2,935
1,260	St. Andrews . . .	1,260
11,080	St. Augustine . . .	11,080
2,040	St. Cloud . . .	2,040
53,300	St. Petersburg . . .	53,300
7,700	Sanford . . .	7,700
5,865	Sarasota . . .	5,865
4,930	S. Jacksonville . . .	4,930
1,135	Starke . . .	1,135

## TALLAHASSEE

8,805	Tampa . . .	113,400
2,845	Tarpon Springs . . .	2,845
2,205	Titusville . . .	2,205
2,845	Vaughula . . .	2,845
2,310	W. Palm Beach . . .	2,310
3,710	Winter Haven . . .	3,710

## GEORGIA

3,203,000	Abbeville . . .	1,290
1,290	Acworth . . .	1,290
1,985	Augusta . . .	1,985
14,065	Albany . . .	14,065
10,020	Americus . . .	10,020
1,540	Arlington . . .	1,540
2,450	Ashburn . . .	2,450
19,635	Athens . . .	19,635
255,100	ATLANTA . . .	255,100
56,000	Augusta . . .	56,000
5,545	Bainbridge . . .	5,545
3,545	Barnesville . . .	3,545
1,325	Baxley . . .	1,325
1,540	Blackshear . . .	1,540
2,295	Blakely . . .	2,295
1,900	Boston . . .	1,900
1,270	Camden . . .	1,270
1,425	Buena Vista . . .	1,425
2,895	Buford . . .	2,895
2,205	Cairo . . .	2,205
2,255	Calhoun . . .	2,255
2,475	Camilla . . .	2,475
1,315	Canton . . .	1,315
3,095	Canton . . .	3,095
5,055	Carrollton . . .	5,055
5,040	Cartersville . . .	5,040
4,690	Cedartown . . .	4,690
1,460	Claxton . . .	1,460
2,330	Cochran . . .	2,330
4,200	College Park . . .	4,200
46,600	Columbus . . .	46,600
2,845	Commerce . . .	2,845
2,105	Conyers . . .	2,105
7,575	Cordele . . .	7,575
1,480	Cornelia . . .	1,480
3,705	Covington . . .	3,705
3,505	Cuthbert . . .	3,505
1,140	Dallas . . .	1,140
6,045	Dalton . . .	6,045
4,060	Dawson . . .	4,060
7,120	Decatur . . .	7,120
3,940	Douglas . . .	3,940
2,500	Douglasville . . .	2,500
8,930	Doraville . . .	8,930
5,005	East Point . . .	5,005
3,130	Eastman . . .	3,130
2,915	Eaton . . .	2,915
7,500	Elberton . . .	7,500
1,850	Fairburn . . .	1,850
7,955	Fitzgerald . . .	7,955
2,595	Forsyth . . .	2,595
4,430	Fort Gaines . . .	4,430
3,730	Fort Valley . . .	3,730
7,265	Gainesville . . .	7,265
1,395	Grantville . . .	1,395
2,440	Greensboro . . .	2,440
9,115	Griffin . . .	9,115
890	Hapeville . . .	890
2,890	Hartwell . . .	2,890
3,570	Hawkinsville . . .	3,570
1,595	Hazlehurst . . .	1,595
1,840	Hogansville . . .	1,840

7075	Jackson . . .
4280	Jefferson . . .
4225	Jessup . . .
880	Kirkwood . . .
130	La Grange . . .
550	Lafayette . . .
1350	Lavonia . . .
6005	Lawrenceville . . .
4065	Lithonia . . .
1950	McCaysville . . .
1695	McDonough . . .
2360	McRae . . .
3205	Macon . . .
6805	Madison . . .
1040	Manchester . . .
7375	Marietta . . .
9365	Marshallville . . .
2620	Meigs . . .
1090	Milledgeville . . .
1000	Millen . . .
3000	Monroe . . .
1000	Monks . . .
8665	Monticello . . .
1330	Moultrie . . .
9330	Nashville . . .
	Newman . . .
8805	Ocilla . . .
4000	Pelham . . .
5445	Porterdale . . .
2015	Quitman . . .
805	Richland . . .
1300	Rockmart . . .
710	Rome . . .
	Rossville . . .
	Roswell . . .
	Royston . . .
2990	Sandersville . . .
3985	Savannah . . .
1980	South Circle . . .
0625	Sparta . . .
540	Statesboro . . .
5450	Stone Mtn. . .
500	Swainsboro . . .
4335	Sylvania . . .
100	Sylvester . . .
700	Talbotton . . .
5495	Talbotton . . .
5445	Tennille . . .
8225	Thomaston . . .
940	Thomasville . . .
9905	Thomson . . .
2000	Tifton . . .
7275	Toccoa . . .
1250	Union . . .
2005	Union Point . . .
755	Valdosta . . .
1475	Vidalia . . .
855	Vienna . . .
995	Wadley . . .
855	Warrenton . . .
5490	Washington . . .
1960	Waynesboro . . .
430	West Point . . .
130	Willacooche . . .
445	Winder . . .
	Wrightsville . . .



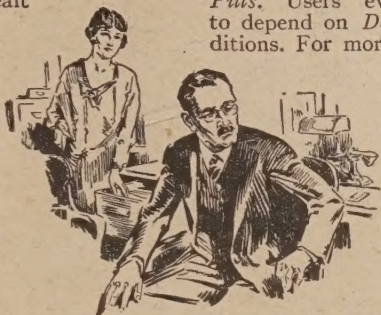
# Heed the Early Warnings!

Deal Promptly With Kidney Irregularities. Don't  
Let Kidney Trouble Get a Firm Hold.

**T**OO many people sacrifice health by failing to heed the early danger signals of kidney disorders. Even minor irregularities should be dealt with promptly. Kidney disorders are too important to ignore.

Stiff, achy joints, a nagging, persistent back-ache, bladder irregularities, with scanty, too frequent or burning passage are all too often signs of sluggish kidneys.

Don't take chances! Help your kidneys at the first sign of trouble. Neglect is apt to pave the way to some serious kidney disorder. Why risk the penalty?



To promote normal kidney action and assist your kidneys in cleansing your blood of poisonous wastes, use *Doan's Pills*. Users everywhere have learned to depend on *Doan's Pills* in these conditions. For more than forty years they have been winning new friends the country over.

*Doan's* stimulate the kidneys and thus assist them to excrete the waste impurities. It should be remembered that *Doan's* do not act on the bowels. For a mild and gentle laxative we recommend *Doan's Regulets*. *Regulets* have no irritating effect on the kidneys and are designed to act in harmony with *Doan's Pills*.

## Friends Urged Doan's

"Doan's Earned My Gratitude,"  
Says Mrs. Hoffman.

**M**Y kidneys were very sluggish," says Mrs. Ada Hoffman, 408 Warren St., Newark, N. J. "Only a few drops of the secretions passed at a time. They were painful and scalding. I had attacks of dizziness that completely blurred my sight. There was a dull ache across my back and I felt lame and stiff all over. My feet and ankles puffed up, my housework was burdensome and I felt miserable and discouraged. I finally had to go to bed where I remained for three weeks, unable to get about.



Mrs. Hoffman

"Friends urged me to use *Doan's Pills*. I didn't think they would help me much, but three boxes were all I needed and my kidneys were acting fine. I can conscientiously recommend *Doan's*. They earned my wholehearted gratitude."

Sworn to before me,  
JOHN J. SMITH, Notary Public.

## Speaks In Gratitude

Indiana Man Tells How He Found  
Health and Happiness.

**I** GIVE *Doan's Pills* credit for my return to health," says Harry A. Perkinson, 185 South 1st St., Scottsburg, Ind. "The kidney secretions became very scanty and burned in passage. My back ached terribly and dizzy spells seemed to make everything spin around. Nothing seemed to relieve me and I grew worse instead of better. My color became a sallow yellow and my weight dropped from 150 pounds to 105. For six weeks I was laid up and could do practically nothing. Finally I was led to use *Doan's Pills* and I shall never forget my joy as I improved. My kidneys began to function normally and I was my former happy, healthy self."



Mr. Perkinson

Sworn to before me,

CARL ALVERSON, Notary Public.



## DOAN'S 1930 DIRECTORY—Idaho, Illinois, Indiana

## IDAHO—Con.

Nampa.....	1,236
Oakley.....	9,470
Payette.....	2,815
Pocatello.....	19,170
Preston.....	3,765
Rexburg.....	4,130
Rigby.....	1,885
Trumpet.....	2,740
St. Anthony.....	3,385
St. Maries.....	2,270
Salmon.....	1,515
Sandpoint.....	3,330
Shelley.....	1,415
Shoshone.....	3,350
Twin Falls.....	10,630
Wallace.....	3,260
Weiser.....	3,655

## ILLINOIS

7,396,000

Abingdon.....	3,150
Albion.....	1,835
Aledo.....	2,280
Altamont.....	1,565
Alton.....	28,010
Amboy.....	2,245
Anna.....	3,505
Arlington.....	2,120
Arlington Heights.....	2,595
Ashland.....	1,300
Assumption.....	2,145
Astoria.....	1,560
Athens.....	1,440
Atlanta.....	1,365
Auburn.....	3,075
Aurora.....	47,100
Averyville.....	4,405
Barrington.....	2,015
Barry.....	1,720
Bartlett.....	1,840
Batavia.....	5,095
Beardstown.....	8,240
Beckemeyer.....	1,335
Belleville.....	28,190
Belwood.....	2,180
Belvidere.....	9,040
Bement.....	1,920
Benld.....	3,835
Benton.....	8,345
Berwyn.....	19,715
Bloomington.....	32,020
Blue Island.....	13,780
Bradley.....	2,455
Braidwood.....	2,770
Breece.....	2,770
Bridgeport.....	2,575
Brookfield.....	4,145
Brooklyn.....	1,945
Buckley.....	2,115
Burr Oak.....	1,430
Bushnell.....	3,130
Cairo.....	16,280
Cambridge.....	1,545
Canton.....	11,525
Carbondale.....	7,275
Carlinville.....	2,035
Carlyle.....	2,345
Carmi.....	3,085
Carrier Mills.....	2,710
Carrollton.....	2,335
Carthage.....	2,900
Casey.....	2,465
Central City.....	1,445
Centralia.....	14,715
Champaign.....	29,015
Charleston.....	7,660
Chenaworth.....	1,255
Chenoa.....	1,515
Cherry.....	3,455
Chester.....	3,360
Chicago.....	3,157,400
Chicago Heights.....	23,125
Chrisman.....	1,265
Christopher.....	4,435
Cicero.....	71,600
Clinton.....	6,835
Coal City.....	2,015
Colchester.....	1,600
Collinsville.....	11,470
Columbia.....	1,835
Colterville.....	1,620
Crystal Lake.....	2,595
Cuba.....	1,715

Dallas City.....	1,325
Danville.....	38,800
Decatur.....	57,100
DeKalb.....	9,615
Delavan.....	1,380
Depeu.....	2,810
Des Plaines.....	3,895
Divernon.....	2,745
Dixon.....	9,915
Dolton.....	2,410
Dorrisville.....	2,215
DuPage.....	10,090
Dupo.....	1,605
Duquoin.....	8,485
Dwight.....	2,610
E. Alton.....	1,930
E. DuBuque.....	1,545
E. Mound.....	1,605
E. Moline.....	11,705
E. Peoria.....	2,560
E. St. Louis.....	74,000
Edwardsville.....	6,180
Elmhurst.....	4,660
El Paso.....	1,895
Elkhart.....	1,380
Elgin.....	36,000
Elmhurst.....	5,320
Elmwood.....	1,435
Elmwood Park.....	1,595
Equality.....	1,540
Euclid.....	8,905
Evanston.....	47,600
Fairbury.....	2,925
Fairfield.....	3,190
Farmer City.....	1,940
Farmington.....	3,045
Flora.....	4,110
Florida Park.....	11,730
Franklin Heights.....	3,965
Freeburg.....	1,845
Freeport.....	21,625
Fulton.....	2,815
Galena.....	5,485
Galesburg.....	25,965
Galva.....	3,800
Geneseo.....	3,910
Geneva.....	3,245
Genoa.....	1,420
Georgetown.....	3,550
Gibson City.....	2,585
Gladwin.....	4,060
Gilman.....	1,670
Girard.....	2,760
Glen Carbon.....	1,565
Glen Ellyn.....	3,295
Glencoe.....	3,905
Glenwood.....	1,430
Granite City.....	13,990
Granville.....	1,650
Grayville.....	2,020
Greenfield.....	1,335
Greenup.....	1,430
Greenville.....	3,580
Greenville.....	1,555
Hamilton.....	1,965
Harrisburg.....	15,450
Harvard.....	3,595
Harvey.....	11,285
Havana.....	4,175
Herrin.....	1,935
Highland.....	3,355
Highland Park.....	3,940
Highwood.....	1,665
Hillsboro.....	5,880
Hinsdale.....	4,685
Honolulu.....	1,045
Hoopeston.....	6,215
Hurst.....	1,415
Jacksonville.....	16,485
Jerseyville.....	4,445
Johnston.....	8,245
Jonewood.....	41,100
Jonestown.....	1,260
Kankakee.....	19,305
Keithsburg.....	1,330
Kenilworth.....	1,800
Kewanee.....	20,630
Kincaid.....	1,675
Knoxville.....	1,975
LaGrange.....	1,945
LaGrange Park.....	1,945
LaHarpe.....	1,525
Lacon.....	1,690
Ladd.....	2,355
Lake Forest.....	4,235
Lanark.....	1,505

Lansing.....	1,610
LaSalle.....	17,540
Lawrenceville.....	5,885
Lebanon.....	2,180
Lebanon.....	2,685
Lena.....	1,330
Leroy.....	1,940
Lewistown.....	2,635
Lexington.....	1,505
Libertyville.....	2,460
Litchfield.....	13,400
Litchfield.....	1,250
Livingston.....	1,575
Lockport.....	4,000
Lombard.....	1,545
Lovington.....	1,705
Lyons.....	2,965
McHenry.....	1,330
McLeansboro.....	2,220
Macomb.....	7,775
Madison.....	5,785
Manteno.....	1,370
Marengo.....	2,025
Marion.....	11,385
Marissa.....	2,400
Mark.....	1,505
Maroa.....	1,385
Marselles.....	3,915
Marshall.....	2,570
Martinsville.....	1,655
Mascoutah.....	2,770
Mattoon.....	15,310
Maywood.....	14,785
Melrose Park.....	8,275
Mendota.....	4,550
Metropolis.....	5,855
Mt. Carmel.....	1,690
Minonk.....	3,560
Moline.....	35,600
Momence.....	2,565
Monmouth.....	8,510
Monmouth.....	2,635
Morris.....	5,220
Morris.....	3,475
Morrisville.....	3,370
Morton.....	1,370
Mound City.....	3,200
Mounds.....	3,075
Mt. Carmel.....	8,640
Mt. Carroll.....	2,080
Mt. Greenwood.....	1,445
Mt. Morris.....	1,445
Mt. Olive.....	4,055
Mt. Pulaski.....	1,750
Mt. Sterling.....	2,235
Mt. Vernon.....	11,305
Mt. Vernon.....	1,430
Murphysboro.....	13,090
Nameoki.....	1,370
Naperville.....	4,435
Nashville.....	2,555
Neoga.....	1,635
New Athens.....	1,320
New Baden.....	1,795
Newman.....	1,420
Newton.....	2,415
Niles.....	1,460
Nokomis.....	3,990
Normal.....	5,950
Norris City.....	1,505
North Chicago.....	6,760
North City.....	2,575
North City.....	1,195
Oak Park.....	57,700
Oakland.....	1,400
Oblong.....	1,790
Olney.....	1,605
O'Neil.....	2,750
Oglesby.....	1,455
Olney.....	5,195
Onarga.....	1,505
Oregon.....	2,575
Orient City.....	2,000
Ottawa.....	12,065
Palatine.....	3,895
Palatine.....	2,085
Panama.....	7,070
Panama.....	1,480
Paris.....	9,250
Park Ridge.....	3,915
Pawnee.....	1,390
Pekin.....	3,520
Pekin.....	13,930
Peoria.....	84,500
Percy.....	1,480
Peru.....	9,845

Petersburg.....	2,820
Phoenix.....	2,235
Pineknobville.....	3,065
Pittsfield.....	2,460
Plainfield.....	1,330
Plano.....	1,700
Polo.....	2,173
Pontiac.....	7,720
Princeton.....	4,780
Prophetstown.....	1,345
Prophetstown.....	39,495
Rantoul.....	1,795
Redbud.....	1,325
Ridgway.....	1,275
River Forest.....	5,055
Riverside.....	2,930
Riverton.....	2,210
Roanoke.....	1,580
Robinson.....	3,905
Rochelle.....	3,830
Rock Falls.....	3,355
Rock Island.....	42,700
Rockland.....	1,705
Rockford.....	82,890
Rockford.....	3,900
Rosclaire.....	1,770
Rossville.....	1,840
Royalton.....	2,390
Rushville.....	2,635
St. Anne.....	1,230
St. Charles.....	4,745
St. David.....	1,545
St. Elmo.....	1,545
St. Francisville.....	1,350
Salem.....	3,985
Sandoval.....	2,035
Sandwich.....	2,360
Sanna.....	6,655
Schraer City.....	3,285
Sesser.....	3,285
Shawneetown.....	1,580
Shelbyville.....	4,125
Sheldon.....	1,375
Silvis.....	2,950
S. Beloit.....	1,655
S. Holland.....	1,555
S. Wilmington.....	1,555
Sparta.....	3,860
Spring Valley.....	7,510
SPRINGFIELD.....	67,200
Stanton.....	6,985
Stearns.....	2,670
St. Charles.....	2,955
Sterling.....	1,670
Stockton.....	1,700
Stonington.....	1,700
Streator.....	15,760
Sullivan.....	2,945
Summit.....	4,655
Sunnyvale.....	1,885
Sycamore.....	1,165
Tamara.....	1,285
Taylor Springs.....	1,770
Taylorville.....	6,725
Thayer.....	1,455
Tilden.....	1,320
Toluca.....	2,900
Toulon.....	1,435
Trenton.....	1,390
Troy.....	1,515
Tuscola.....	2,970
Urbana.....	11,860
Urbana.....	3,830
Venice.....	2,885
Villa Grove.....	2,885
Virden.....	5,415
Virginia.....	1,733
Wamac.....	1,370
Warren.....	1,455
Washington.....	1,905
Washington.....	1,755
Waterloo.....	2,220
Waukegan.....	24,015
Waukegan.....	1,750
Wenona.....	1,405
West Chicago.....	3,010
West Dundee.....	1,830
West Frankfort.....	12,110
West Hammond.....	8,675
Westview.....	9,915
Wethersfield.....	2,255
Wheaton.....	4,790
White Hall.....	3,418

Willisville.....	1,710
Wilmette.....	9,015
Winnington.....	1,595
Winchester.....	1,780
Winnetka.....	7,755
Witt.....	2,815
Wood River.....	4,030
Woodstock.....	6,395
Worden.....	1,445
Wyoming.....	1,590
York.....	2,740
Zion City.....	6,462

## INDIANA

3,176,000

Albany.....	1,535
Albion.....	1,325
Alexandria.....	4,830
Anderson.....	35,390
Angola.....	3,065
Argos.....	1,275
Attica.....	3,925
Auburn.....	2,170
Aurora.....	2,975
Batesville.....	2,725
Bedford.....	9,805
Beech Grove.....	1,680
Berne.....	1,780
Bicknell.....	8,845
Buckland.....	2,170
Bloomington.....	13,160
Bluffton.....	6,240
Boonville.....	5,155
Bourbon.....	1,455
Brazil.....	10,705
Bremen.....	2,420
Broad Ripple.....	7,795
Brookville.....	2,570
Brownstone.....	1,795
Butler.....	2,015
Cambridge City.....	2,265
Cannelton.....	2,320
Chesterton.....	1,855
Clarksville.....	2,170
Clay City.....	1,220
Clinch.....	14,660
Columbia City.....	4,055
Columbus.....	9,625
Connersville.....	13,020
Corydon.....	2,060
Crawfordsville.....	11,005
Crothersville.....	1,315
Crown Point.....	3,780
Danville.....	1,995
Decatur.....	5,510
Delphi.....	2,420
Dugger.....	1,940
Dunkirk.....	2,335
E. Chicago.....	50,800
Eaton.....	1,405
Edinburg.....	2,745
Elkhart.....	28,335
Elwood.....	12,805
Evansville.....	98,100
Fairmount.....	2,495
Fairview Park.....	1,510
Farmersburg.....	1,325
Flora.....	1,550
Fort Branch.....	1,550
Fort Wayne.....	105,300
Fortville.....	1,405
Fowler.....	1,665
Frankfort.....	13,640
Franklin.....	5,555
French Lick.....	2,200
Garrett.....	5,555
Gary.....	89,100
Gas City.....	3,315
Goodland.....	1,290
Goshen.....	10,605
Greencastle.....	4,370
Greenfield.....	4,825
Greensburg.....	6,190
Greentown.....	1,345
Greenwood.....	2,205
Hagerstown.....	1,430
Hammond.....	56,000
Hartford City.....	7,160
Hessville.....	1,710
Hobart.....	3,995
Hopewell.....	1,375
Huntingburg.....	1,370
Huntington.....	16,635
Hymersa.....	1,850



# Are You Really Well?

Too Many People Fail To Appreciate Good Health  
Until They Begin to Lose It.

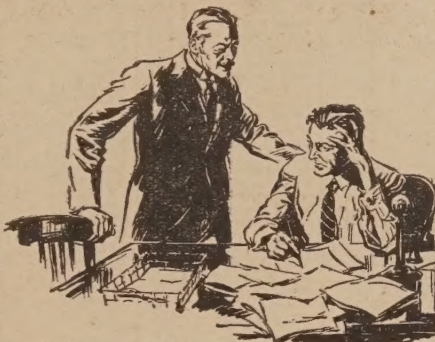
**T**O feel well and to be well there must be a proper functioning of the bodily organs. Nature has endowed us with a marvelous physical machine and if we observed the natural laws of living we would have little sickness and little need of medicine. But we cannot, or at least, we do not all live as nature intended. Consequently we experience many functional disturbances of the bodily mechanism.

Good health requires good elimination. The kidneys are the blood filters. If they fail to fully perform their function,

body poisons are left in the blood stream and are apt to upset the whole system.

If you have reason to believe your kidneys are not functioning properly, it is a good plan to take things easier for awhile, drink plenty of pure water and assist your kidneys with *Doan's Pills*, a stimulant diuretic.

*Doan's* act on the kidneys only. They have been winning ever-increasing popularity for more than forty years. They are sold by good druggists everywhere.



## Never Without Doan's Wisconsin Man Keeps Doan's Always on Hand.

**R**OBERT MITTELSTEADT, 136 Wilson Av., Waukesha, Wis., says: "My kidneys didn't act right and the secretions were too frequent and burned in passing. I couldn't get a good night's rest. My nerves were unstrung and I was constantly cross and irritable. I had dizzy spells and severe headaches. My back ached until I couldn't walk without bending and pressing both hands to my spine.



Mr. Mittelsteadt

"*Doan's Pills* helped me after other medicines had failed. I think so well of them that I always have a box on hand."

Sworn to before me,

HARRY T. VOLK, J. P.

## Doan's Pills Manufactured In Our Own Laboratory Skilled Chemists Analyze Ingredients and Insure Strength and Purity.

**T**HE manufacture of *Doan's Pills*, as well as all other *Doan's* preparations, is conducted in our own modern laboratory under the constant and careful supervision of skilled chemists.

All materials are thoroughly analyzed and must conform to the highest standard of purity before used. Thus no expense is spared to insure maintenance of the highest quality of product.

The same competent care the druggist accords prescriptions is observed in our laboratory, each ingredient in *Doan's* preparations being weighed and compounded by a registered pharmacist. None of the *Doan's* medicines contain narcotics nor habit-forming drugs of any sort.

There is only one genuine *Doan's Pills*. See that the package offered you bears the maple-leaf trade-mark and the signature "*James Doan*."



# DOAN'S 1930 DIRECTORY—Indiana, Iowa, Kansas, Kentucky

## INDIANA—Con.

### INDIANAPOLIS.

382,100  
 Jasonville..... 5,795  
 Jasper..... 2,940  
 Jeffersonville..... 11,635  
 Jonesboro..... 1,645  
 Kendallville..... 6,105  
 Kentland..... 1,480  
 Knightstown..... 2,220  
 Knox..... 1,820  
 Kokomo..... 40,400  
 Lafayette..... 24,870  
 LaGrange..... 1,860  
 LaPorte..... 18,335  
 Lawrenceburg..... 4,015  
 Lebanon..... 7,445  
 Liberty..... 1,540  
 Lioniger..... 2,355  
 Linton..... 6,775  
 Logansport..... 24,170  
 Loogootee..... 2,700  
 Lowell..... 1,390  
 Madison..... 7,775  
 Marion..... 24,665  
 Martinsville..... 5,070  
 Michigan City..... 21,220  
 Middletown..... 1,470  
 Mishawaka..... 17,430  
 Mitchell..... 3,505  
 Monon..... 1,430  
 Montezuma..... 1,370  
 Monticello..... 2,940  
 Montpelier..... 2,655  
 Mooresville..... 2,055  
 Mount Vernon..... 6,050  
 Muncie..... 45,800  
 Nappanee..... 3,095  
 New Albany..... 26,095  
 New Castle..... 17,725  
 New Harmony..... 1,300  
 New Haven..... 1,430  
 Newburg..... 1,510  
 Noblesville..... 5,510  
 North Judson..... 1,380  
 N. Manchester..... 3,140  
 N. Vernon..... 3,575  
 Oakland City..... 2,625  
 Orleans..... 1,620  
 Owensville..... 1,600  
 Paoli..... 1,760  
 Pendleton..... 1,440  
 Peru..... 13,255  
 Petersburg..... 2,740  
 Pierceton..... 1,170  
 Plainfield..... 1,585  
 Plymouth..... 5,030  
 Portland..... 6,900  
 Princeton..... 8,255  
 Redkey..... 1,600  
 Rensselaer..... 3,370  
 Richmond..... 31,885  
 Rising Sun..... 1,625  
 Rochester..... 4,310  
 Rockport..... 2,985  
 Rockville..... 2,270  
 Rushville..... 6,360  
 Salem..... 3,280  
 Scottsburg..... 1,580  
 Seymour..... 8,510  
 Sheridan..... 2,025  
 Shirley..... 1,245  
 Sials..... 1,730  
 South Bend..... 86,100  
 South Whitley..... 1,240  
 Spencer..... 2,390  
 Sullivan..... 5,195  
 Summitville..... 1,155  
 Syracuse..... 1,355  
 Tell City..... 1,930  
 Terre Haute..... 73,500  
 Thorntown..... 1,645  
 Tipton..... 5,210  
 Union City..... 3,945  
 Universal..... 1,815  
 Urand..... 2,255  
 Valparaiso..... 5,555  
 Veedsburg..... 1,825  
 Vevay..... 1,365  
 Vincennes..... 19,100  
 Washash..... 11,055  
 Warren..... 1,760  
 Warsaw..... 2,550  
 Washington..... 9,710  
 Waterloo..... 1,355  
 W. Lafayette..... 4,435

W. Terre Haute 4,990  
 Whiting..... 12,710  
 Winona..... 1,945  
 Winchester..... 4,655  
 Windsor..... 1,325  
 Woodruff Place 1,340  
 Worthington..... 2,145

## IOWA

2,428,000

Ackley..... 1,425  
 Adel..... 1,665  
 Akron..... 1,900  
 Albion..... 5,490  
 Algona..... 4,150  
 Alta..... 1,265  
 Ames..... 9,900  
 Anamosa..... 2,515  
 Anita..... 1,230  
 Atlantic..... 5,840  
 Audubon..... 2,250  
 Avoca..... 1,640  
 Bedford..... 2,130  
 Belle Plaine..... 3,801  
 Bellevue..... 1,945  
 Belmond..... 1,835  
 Bettendorf..... 2,655  
 Bloomfield..... 2,510  
 Boone..... 13,595  
 Britt..... 1,680  
 Brooklyn..... 1,220  
 Burlington..... 27,975  
 Carroll..... 1,750  
 Cascade..... 1,265  
 Cedar Falls..... 7,255  
 Cedar Rapids..... 58,200  
 Centerville..... 9,135  
 Charles City..... 5,540  
 Charles City..... 5,540  
 Cherokee..... 5,100  
 Cincinnati..... 1,240  
 Clarinda..... 4,965  
 Clarion..... 2,895  
 Clear Lake..... 1,855  
 Clinton..... 28,405  
 Colfax..... 6,090  
 Coon Rapids..... 1,305  
 Corning..... 2,010  
 Corydon..... 1,845  
 Council Bluffs..... 42,300  
 Creston..... 3,770  
 Creston..... 6,655  
 Davenport..... 55,610  
 Decorah..... 4,390  
 Denison..... 3,645

## DES MOINES

151,900  
 Dewitt..... 2,135  
 Dubuque..... 42,300  
 Dunlap..... 1,610  
 Dyersville..... 2,130  
 Eagle Grove..... 4,485  
 Eldon..... 2,150  
 Eldora..... 3,105  
 Elkader..... 1,455  
 Emmetsburg..... 2,845  
 Estherville..... 5,390  
 Fairfield..... 6,717  
 Farmington..... 1,535  
 Fayette..... 1,185  
 Forest City..... 2,155  
 Ft. Dodge..... 22,900  
 Ft. Madison..... 11,910  
 Fulton..... 1,390  
 Glenwood..... 1,270  
 Greene..... 1,375  
 Grinnell..... 4,880  
 Griswold..... 1,175  
 Greenfield..... 1,870  
 Grundy Center..... 1,880  
 Guthrie Center..... 2,955  
 Guttenberg..... 1,755  
 Hamburg..... 2,015  
 Hampton..... 3,555  
 Harlan..... 2,980  
 Hartley..... 1,320  
 Hawarden..... 2,770  
 Humboldt..... 2,355  
 Humeston..... 1,095  
 Ida Grove..... 2,200  
 Independence..... 3,615  
 Indianola..... 3,795  
 Iowa City..... 15,745  
 Iowa Falls..... 4,375  
 Jefferson..... 1,220  
 Keokuk..... 15,385  
 Knoxville..... 4,030

Lake City..... 2,341  
 Lake Mills..... 1,685  
 Lamoni..... 1,945  
 Lansing..... 1,475  
 La Porte City..... 1,490  
 LaMar..... 4,830  
 Lenox..... 1,285  
 Leon..... 2,105  
 Logan..... 1,520  
 McGregor..... 2,272  
 Madrid..... 1,740  
 Malvern..... 1,330  
 Manchester..... 3,655  
 Manilla..... 1,295  
 Manning..... 1,810  
 Manson..... 1,515  
 Mapleton..... 1,410  
 Maquoketa..... 3,855  
 Marengo..... 2,235  
 Marion..... 4,805  
 Marshalltown..... 17,989  
 Mason City..... 24,059  
 Missouri Valley..... 4,544  
 Mount Pleasant..... 1,735  
 Montezuma..... 4,400  
 Monticello..... 2,345  
 Moulton..... 1,610  
 Mt. Ayr..... 1,775  
 Mt. Pleasant..... 4,813  
 Mt. Vernon..... 1,585  
 Muscatine..... 1,735  
 Mystic..... 2,990  
 Nashua..... 1,305  
 Nevada..... 2,975  
 New Hampton..... 2,635  
 New London..... 1,410  
 New Sharon..... 1,153  
 Newburg..... 9,130  
 Newton..... 1,585  
 Oakdale..... 1,170  
 Odebolt..... 1,370  
 Oelwein..... 8,550  
 Ogden..... 1,615  
 Onawa..... 2,170  
 Orange City..... 1,720  
 Osage..... 3,125  
 Osceola..... 1,585  
 Ottumwa..... 27,980  
 Otumwa..... 27,980  
 Pella..... 3,265  
 Perry..... 6,130  
 Postville..... 1,090  
 Red Oak..... 6,025  
 Reinbeck..... 1,505  
 Remsen..... 1,275  
 Rock Rapids..... 2,220  
 Rock Valley..... 2,215  
 Rockwell City..... 2,320  
 Sac City..... 2,841  
 Sanborn..... 1,455  
 Seymour..... 1,930  
 Sheldon..... 3,243  
 Shenandoah..... 5,825  
 Sibley..... 1,430  
 Sidney..... 1,930  
 Sigourney..... 2,415  
 Sioux Center..... 1,625  
 Sioux City..... 80,000  
 Spencer..... 4,955  
 Spirit Lake..... 1,830  
 Storm Lake..... 1,415  
 Story..... 1,430  
 Strawberry Pt..... 1,93  
 Stuart..... 1,185  
 Sumner..... 1,655  
 Tama..... 2,815  
 Tipton..... 2,235  
 Toledo..... 1,756  
 Tracy..... 1,605  
 Valley Jct..... 1,605  
 Villisca..... 2,168  
 Vinton..... 3,455  
 Wapello..... 1,502  
 Washington..... 4,545  
 Waterloo..... 37,100  
 Waukon..... 2,790  
 Waverly..... 3,815  
 Webster City..... 7,185  
 West Liberty..... 1,810  
 West Union..... 1,915  
 What Cheer..... 1,653  
 Williamsburg..... 1,665  
 Wilson..... 1,215  
 Winterset..... 3,250  
 Woodbine..... 1,462

## KANSAS

1,835,000

Abilene..... 5,425  
 Anthony..... 2,695  
 Arkansas City..... 14,855  
 Arma..... 2,765  
 Ashland..... 1,125  
 Atchison..... 15,945  
 Cheyenne..... 1,575  
 Baldwin..... 1,310  
 Baxter Spgs..... 3,800  
 Belleville..... 2,405  
 Beloit..... 3,215  
 Blue Rapids..... 1,670  
 Bonanza Spgs..... 1,870  
 Burlington..... 1,575  
 Burlington..... 2,690  
 Caldwell..... 2,070  
 Caney..... 2,975  
 Chanute..... 10,420  
 Cherokee..... 1,665  
 Cherokee..... 4,470  
 Cheyenne..... 1,725  
 Clay Center..... 4,580  
 Clyde..... 1,275  
 Coffeyville..... 17,215  
 Colby..... 1,765  
 Coldwater..... 1,100  
 Columbus..... 3,570  
 Concordia..... 1,820  
 Council Grove..... 2,555  
 Dodge City..... 6,470  
 Downs..... 1,705  
 El Dorado..... 12,080  
 Ellis..... 2,050  
 Ellsworth..... 2,070  
 Emporia..... 13,015  
 Erie..... 1,350  
 Eureka..... 3,785  
 Florence..... 1,885  
 Ft. Riley..... 2,710  
 Ft. Scott..... 12,570  
 Frankfort..... 1,410  
 Franklin..... 1,525  
 Fredonia..... 3,670  
 Frontenac..... 3,180  
 Galena..... 5,075  
 Garden City..... 4,345  
 Garnett..... 3,600  
 Girard..... 3,280  
 Goodland..... 3,055  
 Great Bend..... 5,715  
 Greensburg..... 1,235  
 Halstead..... 1,310  
 Harper..... 1,615  
 Hays..... 4,290  
 Herington..... 4,255  
 Hiawatha..... 3,400  
 Hillsboro..... 1,545  
 Holsington..... 3,105  
 Holton..... 2,820  
 Horton..... 4,470  
 Howard..... 1,235  
 Humboldt..... 2,985  
 Hutchinson..... 27,545  
 Independence..... 12,563  
 Iola..... 8,467  
 Junction City..... 1,102  
 Kansas City..... 18,000  
 Kingman..... 2,550  
 Kinsey..... 2,035  
 Kiowa..... 1,530  
 Larned..... 3,335  
 Lawrence..... 13,091  
 Leavenworth..... 21,855  
 Liberal..... 3,600  
 Lincoln..... 1,730  
 Lindsborg..... 2,200  
 Lyons..... 2,810  
 McPherson..... 4,465  
 Madison..... 1,525  
 Manhattan..... 10,730  
 Mankato..... 3,600  
 Marion..... 1,995  
 Marysville..... 4,185  
 Medicine Lodge..... 1,205  
 Minneapolis..... 1,910  
 Mulberry..... 2,435  
 Neodesha..... 3,855  
 Newton..... 2,412  
 Norton..... 2,412  
 Oakland..... 2,473  
 Oberlin..... 1,485  
 Olathe..... 3,570  
 Osage City..... 3,135  
 Osawatomie..... 3,775

Osborne..... 1,910  
 Oswego..... 2,163  
 Ottawa..... 5,885  
 Paola..... 3,630  
 Parsons..... 17,465  
 Peabody..... 1,890  
 Phillipsburg..... 1,675  
 Pittsburg..... 20,350  
 Pleasanton..... 1,305  
 Prague..... 2,595  
 Russell..... 1,955  
 Sabetha..... 2,344  
 St. John..... 1,607  
 St. Marys..... 1,285  
 Salina..... 16,570  
 Seaman..... 1,452  
 Seelye City..... 1,905  
 Sedan..... 1,648  
 Seneca..... 2,045  
 Smith Center..... 1,605  
 Stafford..... 1,635  
 Sterling..... 1,940  
 Stockton..... 1,525  
 Strong City..... 62,800  
 Valley Falls..... 1,315  
 Wakeeney..... 1,295  
 Wamego..... 1,648  
 Washington..... 1,405  
 Weir City..... 1,776  
 Wellington..... 7,410  
 Wichita..... 92,300  
 Winfield..... 12,575  
 Yates Center..... 2,311

## KENTUCKY

2,553,000

Ashland..... 26,644  
 Augusta..... 2,110  
 Barbourville..... 2,175  
 Bardstown..... 1,985  
 Bardwell..... 1,290  
 Beattyville..... 1,400  
 Bellevue..... 5,565  
 Bernsboro..... 1,905  
 Bowling Green..... 14,150  
 Campbellsburg..... 1,777  
 Carlisle..... 1,815  
 Carrollton..... 2,635  
 Catlettsburg..... 4,846  
 Central City..... 4,605  
 Centerville..... 2,390  
 Clifton..... 1,685  
 Clinton..... 1,751  
 Cloverport..... 1,751  
 Columbia..... 1,240  
 Corbin..... 3,945  
 Covington..... 59,000  
 Cynthiana..... 4,465  
 Danville..... 5,910  
 Dawson Spgs..... 2,030  
 Dayton..... 8,845  
 Drakesboro..... 1,350  
 Earlinton..... 4,230  
 Eddyville..... 1,369  
 Elizabethtown..... 2,935  
 Eminence..... 1,515  
 Falmouth..... 1,540  
 Flemingsburg..... 1,810  
**FRANKFORD**..... 10,405  
 Franklin..... 3,650  
 Fulton..... 3,955  
 Georgetown..... 4,600  
 Glasgow..... 2,265  
 Greenville..... 2,910  
 Harlan..... 3,060  
 Harrodsburg..... 4,356  
 Henderson..... 13,322  
 Henderson..... 3,045  
 Highland Pk..... 1,240  
 Hopkinsville..... 11,145  
 Jenkins..... 5,445  
 LaGrange..... 1,225  
 Lancaster..... 2,510  
 Lawrenceburg..... 2,100  
 Lebanon..... 3,760  
 Leitchfield..... 1,240  
 Lexington..... 48,700  
 Livermore..... 1,635  
 Louisa..... 2,320  
 Louisville..... 329,400  
 Ludlow..... 5,305  
 Louisville..... 2,485  
 Madisonville..... 5,810  
 Marion..... 2,985  
 Mayfield..... 7,630  
 Maysville..... 7,015  
 Middlesborough..... 8,895

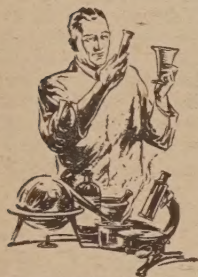


# Watch the Urine For Early Warnings of Hidden Kidney Ills

EVERY person should know the changes that take place in the urine and what they mean. All too often the first noticeable signs of kidney insufficiency are so far removed from the kidneys themselves that the only sure proof is in the appearance of the urine. That is why every insurance examiner tests the urine when making a medical examination. The danger of faulty kidney elimination has been made clear to every reader. It is well, therefore, to learn the meaning of the changes in the urine and

watch it occasionally for signs of hidden ills. The table below gives the simple changes that can be seen without urine analysis. Keep it handy, and consult it when you notice irregularity of the urine, or suspect sluggish kidney action. Temporary changes may occur in the urine, due simply to changes of diet, etc., but if the disorder persists, it is well to assist the kidneys with a diuretic. Prompt use of *Doan's Pills* may ward off some more serious trouble.

## HOW TO TELL UNHEALTHY FROM HEALTHY URINE BY THE APPEARANCE OF THE URINE



In Respect to	HEALTHY	UNHEALTHY
Color.....	Pale yellow to amber. Clear.	Deep yellow to red, brownish, smoky, or pale and cloudy.
Thickness....	Scarcely heavier than water.	Noticeably thicker than water— heavy.
Amount Passed.....	Three to four pints in twenty-four hours.	Less than two and a half pints in twenty-four hours.
Odor.....	Pungent or acid. Not offensive.	Strong, foul, or offensive.
Nature of Passages...	At will during the day—hardly ever at night.	Too frequent, involuntary, burn- ing or painful, scanty, drib- bling or passages at night.

## Cannot Praise Doan's Pills Enough

"MY kidneys caused me a whole lot of trouble," says Mrs. J. M. Frazier, 1220 Johnston St., Forsyth, Ga. "The kidney secretions were scanty, scalding and painful. It got so that I could pass only a few drops at a time.

"I had dizzy spells and was so nervous I could hardly bear to have any one talk to me. I was tired all the time and finally had to give up all my housework.

"There was a dull ache across my back that hardly ever stopped. When I moved the pain was always worse and many nights I lay awake for hours. My feet, ankles



Mrs. Frazier

and arms were swollen and dark-looking sacs formed beneath my eyes. For three long years I was a sick, miserable woman. There were times when I stayed in bed for weeks at a time.

"I used first one medicine, then another, but none seemed to do me the least bit of good and I was utterly discouraged. Then someone recommended *Doan's Pills* and I shall always be glad that I tried them. I really felt better after the first box of *Doan's*, so I kept on using them as regular as clock-work until I had finished the sixth box.

"*Doan's Pills* finally rid me of every sign of the trouble and once again I was a healthy, active woman.

"I cannot praise *Doan's Pills* enough for what they did for me."

Sworn to before me,

J. P. CARSON, Notary Public.



# What is a Diuretic?

## How Diuretics Assist the Kidneys in Eliminating Waste Impurities and Why Their Use is so Often Necessary.

"DIURETIC," being a medical term, it will perhaps be well to explain its meaning. A diuretic is a medicine

which tends to promote the flow of urine at relatively low specific gravity and thus assists in the elimination of waste impurities.

Some famous authority has likened the body to a furnace. The food we eat is fuel that is converted into energy. The waste products have been aptly termed the "ashes of food." Ordinarily our kidneys are capable of thoroughly cleansing the blood of these poisonous waste products.

Occasionally, however, there may be some functional disturbance of fatigue,

overwork and bad habits of diet, etc., which may produce these body poisons beyond the power of the kidneys to immediately eliminate them.

As a result some portion of these waste poisons is permitted to remain in the system and to create what is known as a "toxic condition."

It is at such times that the use of a stimulant diuretic is indicated.

Thousands recommend *Doan's Pills* in these conditions, *Doan's* stimulate the kidneys as a laxative stimulates the bowels and thus assists them to cast out the waste impurities.

More than 50,000 users have publicly recommended *Doan's*.



## Gives Doan's Strong Endorsement

Rev. Dr. Silvis Has Recommended Them to Hundreds.

FORMERLY a successful Missouri physician, now Minister of the Gospel in Evansville, Ind., the Rev. Dr. H. J. Silvis, 1017 E. Maryland St., speaks with conviction concerning *Doan's Pills*. Says Dr. Silvis:

"I have not only used *Doan's Pills* personally with remarkable results but have recommended them to hundreds. I have yet to hear where they did not prove satisfactory. I have been familiar with *Doan's Pills* for a long time and know they are effective for young and old. I gladly give this help others."



Rev. Dr. H. J. Silvis endorsement to

*Sworn to before me,*

MARION SLEINKAMP, Notary Public.

## We Do Not Give Medical Advice

Please Do Not Write Us Requesting Diagnosis or Medical Advice by Correspondence.

WE are constantly receiving letters in which the writers give a description of personal symptoms and ask our advice as to diagnosis and treatment. We would like to be able to give just the sort of advice the writers of these inquiries are seeking, but we are firm in our conviction that individual diagnosis or advice as to proper treatment cannot satisfactorily be given by correspondence.

If you have had benefit from *Doan's Pills* and feel that you want to tell us about your experience by letter, we shall be glad to hear from you. But please do not write asking advice. Notwithstanding how sincerely we would like to help you, we will be compelled to decline to furnish medical advice by correspondence.



# Avoid Excess Uric Acid!

You Should Know the Evil Effects of Excess Uric Acid.  
It Is Becoming An Increasingly Common Ailment.

**A**RE you always tired, achy, nervous and depressed? Are you sure your kidneys are properly eliminating the waste impurities from your blood? You may be a victim of uric acid poisoning; a condition that is becoming all too common, its presence too often overlooked.

Our bodies are continually manufacturing uric acid and other acid poisons from the foods we eat. Health, and even life itself, therefore, depends upon proper activity of our kidneys. They are the principal eliminative organs of these acid poisons.

Active kidneys filter uric poisons from the blood and throw them off through the urinary channels. But what happens when the kidneys lag? An excess of urates accumulates in the system and such individu-

als are said to be "gouty." Symptoms are a soreness and stiffness of the joints and muscles, and often a tired, nervous, depressed feeling. The urine is apt to be scanty, too frequent,

contain sediment and burn in passage.

*Doan's Pills*, stimulant diuretic to the kidneys, have made many thousands of friends in uric acid troubles. *Doan's* stimulate the kidneys to greater activity and thus aid them to flush away the excess uric acid.



It is well to assist the medicine by drinking water freely and by avoiding overwork, heavy eating of meat and other nitrogenous foods.

## A New York Case

A Friend Recommended Doan's  
to Mrs. Wiley

**"M**Y kidneys made me so wretched that no words can tell it," says *Mrs. N. E. Wiley, 19 Smith St., Springville, N. Y.* "I ached constantly. My lower limbs were so sore and stiff I was helpless. The kidney secretions were only a few drops and scalding. The lower part of my body swelled until I couldn't get into bed. A friend urged me to use *Doan's Pills* and it seems fairy-like how quickly they helped me. I have been well since using *Doan's*, absolutely."



Mrs. Wiley

Sworn to before me,  
DAVID J. WILCOX, Notary Public.

## Sound and Well

Connecticut Man Thanks Doan's  
For Better Health.

**"F**OR about twenty years my kidneys didn't seem to act as they should and caused me a great deal of suffering," says *Edgar C. Emmons, P. O. Box 103, Moodus, Conn.*

"The kidney secretions were scanty, painful and full of sediment. My back hurt and I was nervous and had dizzy headaches. In the morning I felt all worn out and hardly able to be about. I tried different things and got no help until I used *Doan's Pills*. *Doan's* made me strong and well. After I had used



Mr. Emmons

them my kidneys acted normal."



# DOAN'S 1930 DIRECTORY—Kentucky, Louisiana, Maine, Maryland, Mass., Michigan

KENTUCKY—Con.	
Millersburg.	1,295
Monticello.	1,756
Morganfield.	3,065
Norton's Gap.	2,292
Nt. Sterling.	4,625
Murray.	2,805
Newport.	30,218
Nicholasville.	3,230
Oakdale.	3,715
Oliver Hill.	1,630
Owensboro.	22,355
Paducah.	28,355
Paris.	7,340
Pikeville.	2,445
Pineville.	3,395
Prestonburg.	1,925
Shelbyville.	4,270
Providence.	5,005
Richmond.	6,410
Russell.	2,030
Russellville.	3,615
Scottsville.	2,522
Seymour.	1,465
Shelby.	4,355
Somerset.	3,410
Springfield.	1,761
St. Francis.	1,630
Sturgis.	2,025
Uniontown.	1,264
Winchesterburg.	1,570
Van Lear.	3,739
Versailles.	2,385
Wayland.	1,575
Williamsburg.	2,045
Winchester.	9,420

LOUISIANA	
1,950,000	
Alexandria.	23,145
Amite.	2,145
Arnaud.	1,435

BATON ROUGE.	
33,610	
Berwick.	3,580
Bogalusa.	8,745
Breaux Bridge.	1,355
Bunkie.	2,110
Cedar Grove.	2,284
Cox.	1,670
Covington.	2,405
Crowley.	7,869
De Ridder.	4,085
Donaldsonville.	4,335
Eunice.	3,785
Franklin.	4,030
Fulton.	2,795
Glenmora.	8,855
Gretna.	2,430
Gueydan.	1,125
Hammond.	4,160
Homert.	3,825
Houma.	5,970
Jackson.	2,600
Jeanerette.	2,905
Jennings.	4,430
Kentwood.	3,545
Kinder.	1,330
Lafayette.	9,100
Lake Arthur.	2,180
Lake Charles.	15,765
Lake Providence.	

2,215	
Leesville.	2,920
Madisonville.	1,275
Mandeville.	1,305
Mansfield.	2,970
Marksville.	1,370
Merryville.	3,325
Minden.	7,065
Monroe.	18,409
Morgan City.	6,290
Napoleonville.	1,555
Natchitoches.	3,920
New Iberia.	7,270
New Orleans.	429,400
New Roads.	1,493
Oakdale.	4,610
Opelousas.	5,167
Patterson.	2,945
Pineville.	2,530
Plaquemine.	5,365
Rayne.	3,150
Rayville.	1,735
St. Martinville.	3,930
Shreveport.	81,300

Stidell.	3,420
Thibodaux.	4,080
Vidalia.	1,442
Welsh.	1,675
W. Monroe.	2,990
White Castle.	1,811
Winnfield.	3,445
Winnboro.	1,365

MAINE	
795,000	
Auburn.	18,895
Bangor.	27,045
Bar Harbor.	4,585
Bath.	6,155
Belfast.	5,685
Biddeford.	18,809
Brewer.	7,015
Brunswick.	6,700
Calais.	7,150
Chicopee.	3,820
Caribou.	3,200
Eastport.	7,010
Ellsworth.	3,545
Fairfield.	3,180
Farmington.	1,912
Fort Fairfield.	2,303
Gardiner.	6,155
Hallowell.	3,206
Houlton.	6,870
Lewiston.	36,600
Madison.	3,155
Norway.	2,522
Old Town.	8,100
Pittsford.	4,490
Portland.	78,600
Presque Isle.	4,005
Rockland.	9,262
Rumford Falls.	8,230
Sanford.	7,895
Sanford.	12,145
S. Paris.	10,690
S. Portland.	10,075
Waterville.	15,078
Westbrook.	10,595

MARYLAND	
1,616,000	
Aberdeen.	1,225
ANNAPOLIS.	13,205
Baltimore.	830,400
Bethesda.	1,255
Berlin.	1,255
Boonesboro.	1,210
Brunswick.	4,520
Cambridge.	8,652
Capitol Heights.	1,385
Catonsville.	2,035
Chestertown.	2,035
Crisfield.	4,764
Cumberland.	35,270
Delmar.	1,495
Denton.	1,820
Easton.	3,980
Elkton.	3,075
Elliot City.	1,442
Federalburg.	1,490
Frederick.	12,781
Frostburg.	6,970
Hagerstown.	33,379
Harveys Grace.	5,020
Hurlock.	1,240
Hyattsville.	3,085
Laurel.	2,640
Lonaconing.	2,375
Mt. Rainier.	2,850
Norfolk East.	1,285
Oakland.	1,420
Pocomoke City.	2,805
Port Deposit.	1,256
Rockville.	1,330
St. Michaels.	1,555
Salisbury.	8,842
Snow Hill.	1,945
Takoma Pk.	1,770
Thurmont.	1,241
Union Bridge.	1,245
Westernport.	4,610
Westminster.	4,073
Williamsport.	1,760

MASSACHUSETTS	
4,290,000	
(T) Means population of a whole town.	
Abington (T).	6,235
Acushnet (T).	4,385

Adams (T).	14,347
Agawam (T).	6,665
Amesbury (T).	11,710
Amherst (T).	6,335
Andover (T).	19,190
Arlington (T).	26,685
Athol (T).	10,190
Attleboro.	21,880
Auburn.	5,225
Ayer (T).	3,215
Barnstable (T).	6,122
Barrington.	19,135
Belmont (T).	16,080
Beverly.	24,065
Billerica (T).	5,210
Blackstone (T).	5,095

BOSTON.	799,200
Bourne (T).	3,195
Braintree (T).	13,945
Bridgewater (T).	
Brookline.	10,045
Brookline (T).	67,302
Brookline (T).	45,700
Cambridge.	125,800
Canton (T).	6,250
Chelmsford (T).	6,971
Chelsea.	49,800
Chicopee.	45,400
Clinton (T).	15,040
Colasset (T).	3,090
Concord (T).	7,485
Dalton (T).	4,335
Danvers (T).	12,513
Dartmouth (T).	9,575
Dorchester (T).	14,865
Deerfield.	1,590
Dighton.	3,405
Dracut (T).	6,785
Dudley (T).	4,870
E. Bridgewater (T).	
Easthampton (T).	3,745
Easton (T).	12,285
Everett.	43,300
Fairhaven (T).	11,485
Fall River.	134,300
Falmouth (T).	4,977
Fitchburg.	45,200
Foxborough (T).	5,230
Framingham (T).	22,355
Franklin (T).	7,481
Gardner (T).	19,990
Gloucester.	24,112
Grafton (T).	7,935
Gt. Barrington (T).	6,790
Greenfield (T).	16,165
Groveland.	2,630
Hadley.	3,060
Hanover.	2,255
Hardwick (T).	2,230
Hatfield (T).	2,870
Haverhill.	51,709
Hingham (T).	6,630
Holbrook (T).	3,470
Holden.	3,615
Holyoke (T).	6,400
Hopkinton.	3,255
Hudson (T).	8,620
Ipswich (T).	6,425
Kingston.	2,680
Lawrence.	96,305
Lee (T).	4,500
Leicester (T).	4,355
Lenox (T).	3,070
Leominster (T).	
Lexington (T).	23,586
Lexington (T).	8,255
Longmeadow (T).	
Lowell.	5,535
Ludlow (T).	113,290
Lynn.	105,300
Malden.	53,400
Mansfield (T).	6,980
Marblehead (T).	8,695
Marshfield.	17,222
Medford (T).	8,330
Medford (T).	4,500
Medford.	52,900
Medway (T).	3,330
Melrose.	21,370
Methuen.	21,915

Middleborough (T).	9,690
Milford (T).	15,670
Milbury (T).	6,335
Milton (T).	13,445
Monson (T).	5,795
Montague (T).	8,455
Montucket (T).	3,340
Natick (T).	13,596
Nedham (T).	6,520
N. Bedford.	13,270
Newburyport.	16,610
Newton.	57,300
N. Adams.	24,102
N. Andover (T).	7,255
N. Attleboro (T).	10,380
N. Brookfield (T).	
Northampton.	25,660
Northbridge (T).	
Norwood (T).	15,095
Orange (T).	5,450
Oxford (T).	6,370
Palmer (T).	11,715
Peabody.	22,320
Pittsfield.	50,000
Plymouth (T).	13,975
Provincetown (T).	
Quincy.	4,015
Randolph (T).	67,900
Reading (T).	9,210
Revere.	36,000
Rockland (T).	8,455
Rockport (T).	4,185
Salem.	43,000
Saugus (T).	13,320
Scituate.	2,785
Seekonk.	4,440
Shrewsbury.	6,185
Somerset (T).	5,107
Somerville.	102,700
Southbridge (T).	
Swansea.	16,475
S. Hadley (T).	7,015
Spencer (T).	6,920
Springfield.	149,800
Stoneham (T).	9,635
Stoughton (T).	8,330
Sutton (T).	2,305
Swampscott (T).	
Swansea.	9,495
Taunton.	3,445
Templeton (T).	4,620
Tewksbury (T).	5,285
Uxbridge (T).	6,545
Wakfield (T).	16,560
Ware (T).	6,910
Waltham.	37,400
Ware (T).	9,045
Wareham (T).	5,931
Warren (T).	4,185
Watertown (T).	
West.	27,925
Westbury (T).	14,095
Westley (T).	9,590
West Bridgewater.	
W. Springfield (T).	3,310
W. Springfield (T).	16,355
Westfield (T).	22,730
Westford (T).	6,280
Westford (T).	3,855
Westport.	4,463
Weymouth (T).	18,310
Whitman (T).	8,330
Wilbraham.	3,005
Williamstown (T).	
Wilmington (T).	7,725
Winchendon (T).	
Winchester.	6,545
Winthrop (T).	12,270
Winthrop (T).	17,135
Woburn.	19,472
Worcester.	197,600
Wrentham (T).	3,405

MICHIGAN	
4,591,000	
Adrian.	13,075
Albion.	13,095
Algonac.	1,510
Allegan.	4,209

Alma.	8,735
Alpena.	11,435
Ann Arbor.	24,185
Bad Axe.	2,445
Bangor.	1,440
Battle Creek.	47,200
Bay City.	49,600
Belding.	4,525
Bellevue.	1,190
Benton Harbor.	
Bessemer.	15,120
Big Rapids.	6,345
Birmingham.	4,270
Blissfield.	2,205
Boysie City.	4,960
Bronson.	1,455
Buchanan.	1,455
Cadillac.	11,513
Caro.	3,125
Caspian.	2,210
Cass City.	1,420
Cassopolis.	1,600
Charlevoix.	1,175
Charlevoix.	2,740
Charlotte.	5,990
Cheboygan.	6,535
Chelsea.	2,415
Chesaning.	1,600
Clare.	1,685
Cllo.	1,455
Colfax.	2,410
Constantine.	1,480
Corunna.	1,815
Crosswell.	1,942
Crystal Falls.	3,925
Dearborn.	2,870
Decatur.	1,370
Detroit.	1,378,900
Dowagiac.	6,300
Dundee.	1,275
Durand.	3,085
E. Grand Rapids.	
E. Jordan.	1,515
E. Lansing.	2,830
E. Lansing.	2,180
E. Lansing.	4,610
Eaton Rapids.	2,735
Ecorse.	5,025
Escanaba.	13,690
Essexville.	1,780
Evart.	1,532
Fenton.	2,905
Fernald.	3,055
Flint.	148,800
Flushing.	1,355
Ford.	4,970
Fowlerville.	1,215
Frankfort.	1,442
Frankfort.	2,535
Gaylord.	2,905
Gladstone.	5,734
Gladwin.	1,420
Grand Haven.	8,343
Grand Ledge.	3,530
Grand Rapids.	
Grand Rapids.	164,200
Grayling.	2,810
Greenville.	1,980
Grosse Pointe.	2,420
Hamtramck.	99,800
Hancock.	8,715
Harbor Beach.	2,225
Harbor Spns.	1,842
Hart.	1,370
Hartford.	1,370
Hastings.	5,940
Highland Park.	
Hillsdale.	86,400
Holland.	6,335
Holland.	13,475
Homer.	2,180
Houghton.	5,240
Howell.	3,415
Hubbell.	1,170
Hudson.	2,850
Inlay City.	1,405
Ionia.	1,420
Iron Mountain.	8,705
Iron River.	3,975
Ironwood.	18,178
Ishpeming.	10,815
Ithaca.	2,220
Jackson.	63,700
Jacksylvania.	1,472
Kalamazoo.	56,400
L'Anse.	1,168



# Backache Bother You?

Constant Lameness, Stiffness and Persistent Backache  
May Warn of Sluggish Kidneys.

ARE you dragging around day after day with a constant, nagging backache? Has it occurred to you this may be a warning that your kidneys are not thoroughly cleansing your blood of poisonous waste.

Such impurities make one dull, tired and achy with often nagging backache, drowsy headaches and dizziness. A common symptom that the kidneys are not acting right is too frequent, scanty, burning urination.

While, naturally, all backaches do not come from the kidneys, if you have reason to believe your kidneys are

not properly filtering the blood, it is a good plan to take things easier for awhile, drink plenty of pure water and assist your kidneys with *Doan's Pills*.

*Doan's Pills*, being a stimulant diuretic, act directly on the kidneys and assist them in flushing away the excess acid poisons. *Doan's* contain no narcotics nor habit-forming drugs and do not affect the heart. *Doan's* are sold wherever medicines are sold. For more than 40 years, they have

been winning new friends the country over.



## "I Owe My Health to Doan's Pills"

Caney, Kansas, Woman Tells of Splendid Results From Doan's  
When Other Medicines Proved of No Avail.

"I OWE *Doan's Pills* a debt of gratitude I can never repay," says Mrs. R. A. Howard, 407 Foreman St., Caney, Kans.

"My life had been active and remarkably free from sickness, but within two short months the faulty action of my kidneys brought me from good health to a constant condition of suffering.

"The kidney secretions became very scanty, passed too frequently but just a few drops at a time, and burned like fire. I had dizzy spells and terrible headaches and backaches and night or day brought little relief from the endless suffering. I lost weight until I was down to 98 pounds and was as miserable as anyone could be.

"Everything possible was done for me, but to no avail. I seemed to steadily grow worse.

"As luck would have it, my husband happened to read a testimonial in a Wichita paper for *Doan's Pills*. He secured some for me and I began their use. One box brought some relief and I continued with them, grateful beyond measure as I improved each day. My kidneys gradually began to act normal. How wonderful and welcome was the relief! One by one my troubles left and I got well. My weight is now 165 and I feel fine. I owe my health to *Doan's Pills*."

*Sworn to before me,*

W. C. ADAMS, Notary Public.

## Follow Directions Carefully

If you would obtain the best results from any medicine, it is important that you take it regularly, according to directions. Maximum benefit cannot be expected if the medicine is not taken in the dosage prescribed. It is also important that at least a half glass of water be taken with each dose.



Mrs. Howard



# Four Generations Find Doan's Invaluable

*Great-Grandmother, Grandmother, Mother and Daughter  
All Use Doan's With the Same Happy Effect.*

A PHOTOGRAPH, showing four generations of a single family is, in itself, rather unusual. But for each member, from young to old, to be in splendid health and to have had the same fine results from the same medicine is most interesting testimony.

Eighty-five years old, mother of seven living children, grandmother of forty-one and great-grandmother of thirty descendants, Mrs. Katherine Bernhardt, 178 A Pacific St., Newark, N.J. enjoys a happy, healthy old age and is as active as many folks, years younger. Says Mrs. Bernhardt:

"I never miss an opportunity to tell the merit of *Doan's Pills*. I had reason to believe my kidneys weren't functioning normally. The kidney excretions passed too frequently, contained sediment and were extremely painful. Distressing headaches, a tired, worn-out, nervous feeling and a steady ache in my back kept me miserable. I improved soon after using *Doan's Pills* and a few boxes had me feeling fine. I have stayed that way, too."

## Mrs. Bernhardt's Daughter Speaks

Mrs. Mary F. Ashman, 192 Pennington St., Newark, N. J., daughter of Mrs. Bernhardt, says:

"I, too, have strong faith in *Doan's Pills*; they are a standby in my home and family. A weak, tired, nervous condition, with severe dizzy spells made me miserable and unfit for my duties. My back ached badly, and my kidneys didn't seem to be acting properly. The excretions were scant, too frequent, and pained intensely in passage. My mother induced me to try *Doan's Pills* and I soon felt better. Before long I was in the best of health again."

## Granddaughter Adds Praise

Mrs. Daniel Wagner, Mrs. Bernhardt's granddaughter, also of 192 Pennington St., confirms the foregoing statement and recites her own experience. Says Mrs. Wagner:

"*Doan's Pills* surely proved their value in



my case. My kidneys seemed sluggish and the excretions were not only scant, but too frequent and scalded in passage. I had headaches, dizzy spells and was miserable with a lame, aching back. After using *Doan's Pills*, I was restored to perfect health."

## Child Now Active and Well

Mrs. Wagner's little girl, Doris, age six, was also given *Doan's*. Concerning her case, Mrs. Wagner says:

"Doris didn't look well and didn't seem to romp and play like other little tots. The kidney secretions passed too frequently and in small amounts and seemed to be anything but normal. I gave her *Doan's*, half a pill at a time, and they proved just as reliable as they had for all the rest of us. Doris is now active and healthy and has had no further difficulties."

*The foregoing statements sworn to before me,  
I. M. GREENFIELD, Notary Public.*

## Keep The Bowels Open

TO get the greatest benefit from *Doan's Pills*, you must keep your bowels open, hence, we have prepared a special remedy for constipation—*Doan's Regulets* (see page 27)—which act in perfect harmony with *Doan's Pills*. *Doan's Regulets* are mild, while many other laxatives and cathartics have an irritating effect on the kidneys. Users of *Doan's Pills* should use *Doan's Regulets* in preference to any other laxative.



# Make Old Age More Comfortable

Too Often Sluggish Kidneys Add to the Burdens of Advancing Years. Doan's are Making Life More Comfortable For Thousands of Elderly People.

**I**T doesn't matter how old you are if you keep well and active. Many folks are older at 60 than others are at 70. Why? It's because folks are as young as they feel—and as old.

What a pity, then, that so many elderly people are burdened with achy backs, sharp twinges, lameness, stiffness and inability to control the urine.

But all too often in the later years of life, the kidneys are the first organs to slow



up in their work of filtering waste poisons from the blood and that's one reason why we find so many elderly folks feeling years older than they are.

Doan's Pills have made life more comfortable for thousands of old people as they stimulate the kidneys and thus tend to eliminate the acid wastes that cause so many discomforts of later years. When past

middle age, it is a good plan to use Doan's at any sign of improper kidney function.

## Hale and Hearty At 87

Mrs. Wagon Gives Sincere Endorsement to Doan's Pills.

**H**EALTHY and happy in her old age, Mrs. Mary J. Wagon, 423 Berta St., Tyler, Texas, gives Doan's Pills the credit. Mrs. Wagon is over 87. She reads without glasses, shops, sews, cooks, travels and enjoys all the activities of a much younger woman. Says Mrs. Wagon:

"I think a great deal of Doan's Pills and am never without a package in the house. A few years ago my kidneys caused me a lot of trouble. The secretions were scanty, too frequent, and painful. I was bothered with dizziness and headaches; was always lame and achy and felt miserable. A box of Doan's brought me wonderful relief and continued use stopped all the trouble. I can't speak too highly of Doan's Pills."

Sworn to before me, A. B. CURTIS, Notary Public.



## Enjoys Vigorous Old Age Strong, Well and Happy At the Age of 85

**F**EW men at the age of 85 are so robust and active as Edwin Patridge, 246 South Ave., Bradford, Pa. He has the energy and enthusiasm of a man much younger; takes keen delight in his garden, does all the chores about the house, walks to town every day and makes frequent trips to New York.

Mr. Patridge says about Doan's Pills: "Because of my pleasing experience with Doan's I believe they are especially good for folks along in years. It was necessary for me to get up often at night to pass the kidney secretions. They scalded in passage and contained sediment. I continually felt lame and stiff and it was hard to bend because of the ache in my back. Doan's Pills quickly relieved my troubles and although I am pretty well along in years, my kidneys are in good shape."

Sworn to before me, LESTER SIMONS, Notary Public.



Mr. Patridge

# DOAN'S 1930 DIRECTORY—Michigan, Minnesota, Mississippi, Missouri

**MICHIGAN—Con.**  
 Lake Linden.....2,520  
 Lake Odessa.....1,443  
**LANSING.....79,600**  
 Lapeer.....5,410  
 Laurium.....7,780  
 Lawton.....2,240  
 Leslie.....1,238  
 Lowell.....2,000  
 Ludington.....9,345  
 Mancelona.....1,410  
 Manchestera.....1,180  
 Manistee.....11,732  
 Manistiquia.....7,390  
 Marine City.....4,315  
 Marquette.....13,910  
 Marshall.....4,936  
 Mason.....2,173  
 Masons River.....1,430  
 Midland.....1,810  
 Milan.....1,810  
 Milford.....1,256  
 Monroe.....15,215  
 Morenci.....1,965  
 Mt. Clemens.....14,800  
 Mt. Morris.....1,365  
 Mt. Pleasant.....5,593  
 Munising.....5,835  
 Muskegon.....46,600  
 Muskegon Hts. 13,941  
 Nashville.....1,590  
 Negaunee.....8,505  
 Negaunee.....1,345  
 Newberry.....2,512  
 Niles.....8,476  
 Northville.....2,010  
 Norway.....5,245  
 Onaway.....3,230  
 Ontonagon.....1,025  
 Otego.....3,070  
 Owosso.....1,230  
 Ovid.....15,210  
 Oxford.....1,930  
 Paw Paw.....1,815  
 Petoskey.....5,860  
 Plainwell.....2,369  
 Plymouth.....3,306  
 Pontiac.....61,346  
 Port Huron.....3,428  
 Portland.....2,495  
 Quincy.....1,450  
 Reading.....1,195  
 Redford.....1,610  
 Red Jacket.....2,770  
 Red Rock.....1,230  
 Richmond.....1,502  
 River Rouge.....13,196  
 Rochester.....2,955  
 Rockford.....1,320  
 Romeo.....2,441  
 Royal Oak.....6,950  
 Rudland.....75,600  
 Sandusky.....1,420  
 St. Charles.....1,695  
 St. Clair.....3,705  
 St. Ignace.....2,146  
 St. Johns.....4,565  
 St. Joseph.....8,395  
 St. Louis.....3,520  
 St. Ste. Marie.....13,411  
 Scottville.....1,198  
 Sebewaing.....1,960  
 Shelby.....1,497  
 St. Haven.....4,435  
 S. Range.....1,655  
 Sparta.....1,730  
 Springdaugh.....2,020  
 Sturgis.....1,420  
 Tawas City.....1,173  
 Tecumseh.....2,790  
 Three Oaks.....1,584  
 Three Rivers.....6,030  
 Traverse City.....11,255  
 Union.....1,936  
 Union City.....1,466  
 Vassar.....1,675  
 Vicksburg.....1,980  
 Wakefield.....4,805  
 Washington Hts.....1,440  
 Watervliet.....1,236  
 Wayne Branch.....1,275  
 Whitehall.....1,428  
 Williamston.....1,233  
 Wyandotte.....24,835

## MINNESOTA

**Ada.....2,722,000**  
 Adair.....1,625  
 Adrian.....1,250  
 Aitkin.....1,735  
 Albert Lea.....1,785  
 Alexandria.....3,920  
 Anoka.....4,955  
 Appleton.....1,825  
 Aurora.....3,240  
 Austin.....12,445  
 Beaver Lake.....1,445  
 Belle Plaine.....4,445  
 Bemidji.....8,240  
 Benson.....2,445  
 Biwabik.....2,335  
 Blue Earth.....2,970  
 Boyer.....1,530  
 Brainerd.....10,365  
 Breckenridge.....2,775  
 Browns Valley.....1,235  
 Buffalo.....1,660  
 Buhl.....2,315  
 Caledonia.....1,815  
 Cambridge.....1,445  
 Canby.....2,015  
 Cannon Falls.....1,525  
 Cass Lake.....2,445  
 Chaska.....2,270  
 Chatfield.....1,595  
 Chisholm.....10,255  
 Clarksburg.....5,930  
 Cokato.....1,165  
 Coleraine.....1,510  
 Columbia Hts. 3,430  
 Crookston.....7,900  
 Crosby.....3,983  
 Dawson.....1,760  
 Deer River.....1,215  
 Detroit.....3,935  
 Duluth.....116,800  
 E. Grand Forks 2,885  
 Edina.....2,125  
 Elk.....5,675  
 Elk River.....8,935  
 Fairmont.....3,320  
 Fairbault.....12,830  
 Farmington.....1,670  
 Fergus Falls.....8,775  
 Fosston.....1,165  
 Fox Lake.....1,475  
 Gilbert.....4,060  
 Glencoe.....2,015  
 Glenwood.....2,535  
 Graceville.....1,175  
 Grand Rapids.....3,360  
 Granite Falls.....1,860  
 Ironton.....1,165  
 Hastings.....5,295  
 Hibbing.....18,750  
 Hutchinson.....3,905  
 International Falls.....3,990  
 Ironton.....1,350  
 Jackson.....2,485  
 Janesville.....4,455  
 Jordan.....1,265  
 Kasson.....1,335  
 Keewauqua.....2,175  
 Kenyon.....1,575  
 Killebuck.....1,395  
 Lake City.....1,395  
 Lake Crystal.....1,395  
 Lakefield.....1,555  
 Le Sueur.....2,075  
 Litchfield.....3,230  
 Little Falls.....6,370  
 Long Prairie.....1,555  
 Luverne.....1,555  
 Madelia.....1,670  
 Madison.....2,130  
 Mankato.....14,280  
 Marshall.....3,575  
 Metheun.....2,905  
 Milaca.....1,565  
 Minneapolis.....455,900  
 Montevideo.....5,115  
 Montgomery.....1,505  
 Monticello.....1,175  
 Moorhead.....6,620  
 Mound.....2,685  
 Moundville.....1,565  
 Mountain Lake.....1,805  
 Mountain Iron.....1,805  
 Nashwauk.....2,790

New Prague.....1,780  
 New Ulm.....7,810  
 Northfield.....4,960  
 N. Mankato.....2,130  
 N. St. Paul.....2,290  
 Olivia.....1,715  
 Ortonville.....2,025  
 Osakis.....1,710  
 Owatonna.....8,395  
 Park Rapids.....1,855  
 Paynesville.....1,225  
 Pelican Rapids 1,340  
 Perham.....1,580  
 Pine City.....1,510  
 Pipestone.....3,840  
 Pigeon Lake.....1,710  
 Preston.....1,420  
 Princeton.....1,945  
 Proctor Knott.....3,745  
 Red Lake Falls 1,790  
 Red Wing.....9,160  
 Redwood Falls 2,170  
 Renville.....3,325  
 Richfield.....2,785  
 Robbinsdale.....1,580  
 Rochester.....18,105  
 Rushford.....1,325  
 St. Charles.....1,560  
 St. Cloud.....19,415  
 St. James.....3,690  
 St. Louis Park 2,040  
**ST. PAUL.....255,440**  
 St. Peter.....5,005  
 Sandstone.....1,395  
 Sauk Center.....3,125  
 Sauk Rapids.....2,715  
 Shakopee.....2,290  
 Sleepy Eye.....2,830  
 S. St. Paul.....7,845  
 S. Stillwater.....2,240  
 Springfield.....2,140  
 Spring Valley.....2,170  
 Staples.....2,975  
 Stillwater.....8,945  
 Thief River Falls 5,415  
 Tracy.....2,850  
 Two Harbors.....5,265  
 Virginia.....16,735  
 Wabasha.....2,600  
 Wadena.....2,525  
 Warren.....2,045  
 Warroad.....1,405  
 Waseca.....4,475  
 Waterville.....1,405  
 Wells.....2,190  
 W. Minneapolis 3,530  
 W. St. Paul.....3,315  
 Wheaton.....1,540  
 White Bear Lake 2,335  
 Wilmar.....6,830  
 Windom.....2,460  
 Winnebago.....1,900  
 Winona.....20,345  
 Winthrop.....1,325  
 Worthington.....4,030  
 Zumbrota.....1,460

## MISSISSIPPI

**2,029,740**  
 Aberdeen.....4,715  
 Akerman.....1,460  
 Amory.....3,305  
 Batesville.....1,210  
 Bay St. Louis.....3,335  
 Belzoni.....1,310  
 Biloxi.....13,140  
 Booneville.....1,730  
 Brookhaven.....5,450  
 Bude.....1,295  
 Canton.....3,795  
 Carthage.....5,560  
 Clarksdale.....1,935  
 Cleveland.....1,935  
 Collins.....1,600  
 Columbia.....3,270  
 Columbus.....11,880  
 Council Bluffs 6,365  
 Crystal Springs 1,605  
 Durant.....2,175  
 Ellisville.....1,940  
 Forest.....1,420  
 Gloster.....1,240  
 Greenville.....15,750  
 Greenwood.....9,025  
 Grenada.....3,900  
 Gulfport.....8,520

Hattiesburg.....14,730  
 Hazlehurst.....2,025  
 Holly Springs.....2,450  
 Houston.....1,735  
 Indianola.....2,450  
 Itabena.....1,870  
 Iuka.....1,515  
**JACKSON.....24,770**  
 Kosciusko.....2,615  
 Laurel.....16,420  
 Leland.....2,315  
 Lexington.....2,075  
 Louisville.....2,055  
 Lumberton.....2,535  
 Macomb.....2,395  
 Macon.....2,380  
 Magnolia.....2,320  
 Meridian.....25,405  
 Moss Point.....3,860  
 Natchez.....13,660  
 New Albany.....2,930  
 New Orleans.....2,935  
 Norfolk.....1,240  
 Ocean Springs 2,000  
 Okolona.....4,460  
 Oxford.....2,500  
 Pascagoula.....7,040  
 Pass Christian 2,725  
 Peachogue.....1,930  
 Philadelphia.....1,930  
 Picayune.....2,865  
 Pontotoc.....1,470  
 Poplarville.....1,490  
 Port Gibson.....1,950  
 Quitman.....1,385  
 Richton.....1,385  
 Rosedale.....1,955  
 Sardis.....1,365  
 Senatobia.....1,300  
 Shaw.....1,985  
 Shelby.....1,510  
 Starkville.....3,015  
 Summit.....1,380  
 Sumrall.....1,665  
 Tupelo.....5,850  
 Tyertown.....1,280  
 Union.....1,165  
 Vicksburg.....18,890  
 Water Valley.....4,315  
 West Point.....5,095  
 Wiggins.....1,195  
 Winona.....2,975  
 Woodville.....1,165  
 Yazoo City.....6,070

## MISSOURI

**3,523,000**  
 Albany.....2,325  
 Appleton City 1,465  
 Aurora.....4,195  
 Bernie.....1,815  
 Bethany.....2,415  
 Bevier.....2,165  
 Bloomfield.....1,600  
 Bolivar.....2,290  
 Bonne Terre.....4,415  
 Boonville.....5,400  
 Bowling Green 2,265  
 Brookfield.....7,300  
 Brunswick.....1,025  
 Butler.....2,255  
 California.....2,560  
 Cameron.....3,750  
 Campbell.....2,335  
 Canton.....2,250  
 Cape Girardeau 14,900  
 Cardwell.....1,200  
 Carl Junction 3,590  
 Carrollton.....3,725  
 Carterville.....2,815  
 Carthage.....10,910  
 Caruthersville 5,500  
 Centerville.....2,335  
 Chaffee.....3,340  
 Charleston.....3,950  
 Chillicothe.....7,845  
 Clarence.....1,615  
 Clayton.....3,510  
 Clinton.....5,880  
 Columbia.....11,015  
 Crystal.....2,600  
 Deepwater.....1,605  
 DeSoto.....5,795  
 Dexter.....3,045  
 Doniphan.....1,440  
 East Prairie.....1,295

Edna.....1,660  
 Eldon.....3,045  
 Eldorado Sprs. 2,555  
 Elsberry.....1,460  
 Elvins.....2,890  
 Excelsior Sprs. 4,820  
 Farmington.....2,415  
 Fayetteville.....2,755  
 Ferguson.....2,170  
 Festus.....3,870  
 Forneal.....2,110  
 Fredericktown 1,615  
 Fulton.....6,490  
 Gallatin.....2,415  
 Galesburg.....3,390  
 Glasgow.....1,560  
 Granby.....2,005  
 Grant City.....1,515  
 Greenfield.....1,660  
 Hamilton.....1,950  
 Hannibal.....20,755  
 Harrisville.....2,470  
 Hayti.....1,750  
 Hermann.....1,970  
 Higbee.....1,615  
 Higginsville.....3,165  
 Holden.....2,320  
 Hillsville.....2,465  
 Illinois.....1,790  
 Independence 13,305  
 Jackson.....2,450  
**JEFFERSON CITY 16,540**  
 Joplin.....31,800  
 Kahoka.....1,875  
 Kansas City 391,000  
 Kettletown.....1,335  
 King.....1,335  
 Kirksville.....8,355  
 Kirkwood.....5,115  
 La Grange.....1,280  
 La Platte.....1,685  
 Lamar.....2,610  
 Lathrop.....1,255  
 Lebanon.....3,295  
 Lees Summit.....1,690  
 Lexington.....5,435  
 Liberal.....1,355  
 Liberty.....3,580  
 Llanana.....4,705  
 Macon.....2,430  
 Malden.....2,430  
 Maplewood.....8,605  
 Marcelline.....4,350  
 Marionville.....1,350  
 Marshall.....6,015  
 Marshfield.....1,585  
 Maryville.....1,220  
 Mayfield.....1,585  
 Memphis.....2,235  
 Mexico.....6,960  
 Milan.....2,770  
 Moberly.....14,500  
 Monett.....4,875  
 Monroe City.....4,875  
 Montgomery City 1,950  
 Morehouse.....2,215  
 Mound City.....1,700  
 Mountain Grove 2,545  
 Mountain View 1,220  
 Mount Vernon 1,450  
 Neosho.....4,595  
 Nevada.....8,265  
 Newburg.....1,430  
 New Madrid.....2,205  
 Northport.....1,380  
 Novinger.....2,000  
 Odessa.....2,065  
 Oran.....1,325  
 Osceola.....1,175  
 Pacific.....1,470  
 Palmyra.....2,240  
 Parnum.....1,635  
 Parnum.....1,635  
 Pattonburg.....1,230  
 Perryville.....2,030  
 Piedmont.....1,250  
 Pierce City.....1,705  
 Plattsburg.....1,985  
 Pleasant Hill 2,865  
 Poplar Bluff.....1,985  
 Portageville.....1,440  
 Princeton.....1,820  
 Republic.....1,260  
 Rich Hill.....2,615  
 Richmond.....5,095



# Watch Your Kidneys After Grip, Colds, or Other Germ Diseases

Many Functional Kidney Disorders Are the Direct Result of Some Infectious Disease.

**H**AS a cold, grip, or other germ disease left you miserable with constant back-ache and sharp twinges of pain? Are the kidney secretions too frequent, scanty, or burning in passage? Do you have headaches, dizzy spells—feel always lame, stiff and achy?

Then look to your kidneys! Physicians agree that a vast number of cases of functional kidney disorders are the direct result of some germ disease. But all too often the kidneys are neglected, because the sufferer does not realize that they have slowed down under the strain of filtering disease-created poisons from the blood. That's why so many people recover from germ diseases only to be left with some functional kidney disorder.

In every infectious disease, the system is

likely to be filled with poisons and impurities.

Filtering of these poisons from the blood has to be done by the kidneys. They are apt to slow up under this rush of new work and become less active. The sufferer, not realizing the danger, fails to help the sluggish kidneys and often serious trouble develops.

Therefore, during convalescence from any germ disease, it is a good plan to watch the kidneys and assist them at the first sign of sluggish function.

*Doan's Pills*, by stimulating kidney action, assist the kidneys to carry off the disease-created poisons through the urinary channels.

Following winter's colds, especially, thousands of users resort to *Doan's*. They are praised the country over.



## Graduate Nurses Recommend Doan's

**"I** DIDN'T have much faith in package medicine," says *Mrs. M. S. Hartwig, Graduate Nurse, 1217 N. 25th St., Phil., Pa.* "But when I had a sudden, almost unbearable pain in my back, I remembered about *Doan's Pills*, used them at once and it seemed miraculous how quickly I felt all right. I was almost helpless until I used *Doan's* and I cannot describe the confidence I now have in them.



**Mrs. Hartwig**

"Since then I have recommended *Doan's Pills* to countless patients of mine and there has never been a time that they have failed to give complete satisfaction. I gladly confirm my former recommendation of *Doan's Pills* because in my opinion there isn't anything better for the kidneys."

**M**RS. William Gabriel, Graduate Nurse, 159 Walnut Ave., Trenton, N. J., says: "I know of the value of *Doan's Pills*

from my own personal use as well as from what others have told me. I had sharp pains across my back and felt tired and lame every morning. I had no end of trouble, too, with dizzy spells, headaches and scanty, too frequent and painful kidney secretions.

"The use of *Doan's Pills* rid me of all these troubles. Since then I have used *Doan's* occasionally and they have never failed. The same good results have been reported to me by others. I have a lot of confidence in *Doan's Pills*."

Sworn to before me,

GEORGE M. MADER, Notary Public.



**Mrs. Gabriel**

# How Doan's Pills Originated Settlement and of Millions of



Home of  
Aunt  
Mary Rogers

**M**ORE than 350 years ago when the Quakers settled in America, the practice of medicine was little more than in its infancy. Being a thoughtful people they gave a great deal of time and study to healing the sick and kept careful records of the cases and the means used for relief. One volume, dated 1654, lays great stress on the "casting forth of waste matters from the body by way of the kidneys, which should be well-flushed and act freely."

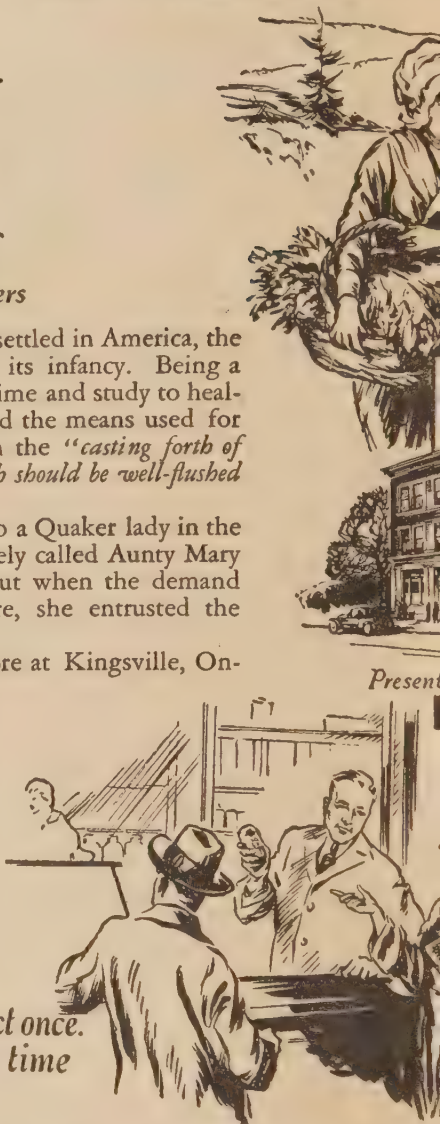
One of these old remedies was handed down to a Quaker lady in the little town of Stayner, Canada, who was affectionately called Aunt Mary Rogers. For years she made the medicine herself, but when the demand grew beyond her limited facilities for manufacture, she entrusted the formula to James Doan, a druggist.

Mr. Doan compounded the medicine in his store at Kingsville, Ontario, until the sale exceeded the capacity of his small establishment, and in 1894 Foster-Milburn Company purchased the business.

What a remarkable change the passing years have brought!

Doan's Pills are now made in one of the best equipped laboratories in the world. Constant research by competent chemists and prominent physicians has kept them apace with modern medical science. They have won friends from year to year until at present they have an annual sale of millions of boxes. To-day the name, *Doan's*, is a household word.

*Good advertising sells a product once.  
Merit alone sells a second time*



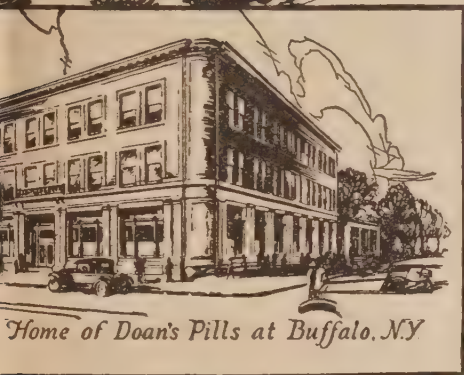
*When You Need a Diuretic, Remember the Name*



Originated in a Small Quaker  
and Grew to a Sale  
of Boxes Annually



*Drug Store  
of  
James Doan*



*Home of Doan's Pills at Buffalo, N.Y.*



*Sold at  
all Drug  
Stores*

## A Few Facts About Doan's

Originated among the Canadian Quakers.

Purchased by Foster-Milburn Co. in 1894, from James Doan, a Kingsville, Ont., Druggist.

Present sale millions of boxes annually.

Sold in practically every nook and hamlet in the U. S.

More than 50,000 users have given Doan's public endorsement.

The best-recommended and largest-selling advertised diuretic.

*The good will of its products  
is a business' greatest asset.*

*Doan's—You Will Know What You Are Getting.*

# DOAN'S 1930 DIRECTORY—Mo., Mont., Neb., Nev., N. H., N. J., New Mex., N. Y.

Missouri—Con.	
Richmond Hts.	2,475
Rockport.	1,320
Rolla.	2,410
St. Charles.	9,020
St. James.	1,290
St. Joseph.	78,500
St. Louis.	848,100
Ste. Genevieve	2,370
Salem.	2,095
Savannah.	2,020
Saxton.	1,175
Sedalia.	23,775
Senath.	1,210
Seneca.	1,270
Shelburne.	2,095
Sikeston.	3,130
Slater.	4,395
Springfield.	51,700
Stanberry.	2,155
Sweet Spgs.	1,365
Tambling.	2,155
Thayer.	2,065
Tipton.	1,355
Trenton.	8,015
Troy.	1,280
Union.	1,855
Uniondale.	2,525
Unionville.	2,030
University.	7,765
Vandalia.	2,490
Versailles.	1,910
Warrensburg.	5,595
Washington.	3,625
Webb City.	4,040
Webster Groves	
Wellsville.	11,215
West Plains.	1,795
Willow Spgs.	3,680
Windsor.	1,660
Windsor.	2,350

<b>MONTANA</b>	
735,420	
Anaconda.	13,105
Big Timber.	1,480
Billings.	18,785
Bozeman.	7,155
Butte.	43,600
Chinook.	1,410
Choteau.	1,200
Cut Bank.	1,370
Deer Lodge.	4,470
Dillon.	3,140
Furcula.	2,245
Forsyth.	2,120
Fort Benton.	1,230
Glasgow.	2,380
Glenclive.	4,415
Great Falls.	31,240
Hamilton.	1,965
Hardin.	1,520
Harlowton.	2,145
Helena.	12,395
Kaliispell.	5,465
Laurel.	2,542
Lewistown.	7,005
Libby.	1,765
Livingston.	7,305
Malta.	1,640
Miles City.	9,190
Missoula.	13,235
Phillipsburg.	3,990
Polson.	1,315
Poplar.	1,335
Red Lodge.	5,220
Roundup.	2,815
Sidney.	1,355
Sikeston.	1,145
Three Forks.	1,235
Walkerville.	2,765
Whitefish.	3,285
Wolf Point.	2,435

<b>NEBRASKA</b>	
1,408,000	
Albion.	1,750
Albion.	2,290
Albion.	5,315
Alma.	1,220
Ashtabula.	995
Atkinson.	1,510
Auburn.	3,310
Aurora.	3,425
Bayard.	2,465
Beatrice.	10,405

Beaver City.	1,270
Ben Kelm.	1,165
Bethany.	2,240
Blair.	3,125
Bloomfield.	1,645
Bridgeport.	1,430
Broken Bow.	2,970
Burwell.	1,405
Cambridge.	1,200
Central City.	2,795
Chadron.	5,105
Chappell.	1,315
College View.	2,605
Columbus.	6,260
Cozad.	1,710
Crawford.	1,905
Craig.	1,665
Crete.	2,835
Curtis.	1,165
David City.	2,560
Fairbury.	6,315
Falls City.	2,710
Franklin.	1,220
Fremont.	10,490
Friend.	1,460
Fullerton.	1,845
Geneva.	2,045
Gering.	2,235
Gering.	2,905
Gordon.	1,825
Gothenburgh.	2,020
Grand Island.	16,310
Hartington.	1,690
Hastings.	13,540
Havlock.	1,465
Hebron.	1,755
Holdegre.	3,595
Hooper.	1,165
Humboldt.	1,475
Kearney.	8,925
Kimball.	1,870

<b>LINCOLN</b>	
71,400	
Lexington.	2,690
Long Pine.	1,570
Loup City.	1,395
Lyons.	1,475
McCook.	4,980
Madison.	2,005
Minden.	1,770
Mitchell.	1,505
Nebraska City.	2,250
Neigh.	1,990
Newman Grove.	1,465
Norfolk.	10,440
North Bend.	1,250
North Platte.	14,310
Oakland.	1,565
Omaha.	222,490
O'Neill.	2,445
Ord.	2,480
Osceola.	1,400
Pawnee City.	1,845
Pierce.	1,270
Plainville.	1,390
Plattsmouth.	4,815
Ponca.	1,165
Randolph.	1,550
Ravenna.	1,970
Red Cloud.	2,145
St. Edwards.	1,155
St. Paul.	1,895
Sargent.	1,240
Schuyler.	3,025
Scotts Bluff.	7,905
Scribner.	1,170
Seward.	2,735
Sidney.	3,580
Sidney.	3,580
S. Sioux City.	2,775
Stanton.	1,720
Stromsburg.	1,570
Superior.	3,145
Sutton.	1,855
Tecumseh.	1,390
Tekamah.	2,100
Tilden.	1,265
University Place	
Valentine.	4,765
Wahoo.	2,705
Walbridge.	1,280
Walsh.	1,390
Wayne.	2,450
Weeping Water.	1,250
West Point.	2,310
Wilber.	1,450
Wisner.	1,400

Wymore.	2,995
York.	6,245
<b>NEVADA</b>	
80,000	
<b>CARSON CITY</b>	
Elko.	1,945
Elko.	2,415
Ely.	2,425
Fallon.	2,020
Goldfield.	1,705
Las Vegas.	2,660
Lovelock.	1,350
Sparks.	1,740
Tonopah.	4,765
Virginia City.	1,400
Winnemucca.	2,030

<b>NEW HAMPSHIRE</b>	
456,000	
Berlin.	19,305
Claremont (T).	11,080
CONCORD.	23,570
Conway (T).	3,580
Derry.	6,230
Dover.	13,919
Franklin (T).	6,270
Gorham (T).	3,170
Hanover.	1,795
Haverhill (T).	3,945
Keene.	12,390
Laconia.	11,815
Manchester (T).	3,680
Lebanon (T).	7,130
Littleton.	4,905
Manchester.	85,700
Milford (T).	4,375
Nashua.	31,070
Newmarket (T).	3,680
Newport (T).	710
Pembroke (T).	2,965
Peterborough.	3,020
Portsmouth.	15,545
Rochester.	10,655
Salem.	7,735
Walpole (T).	9,935
Winchester (T).	2,625

<b>NEW JERSEY</b>	
3,821,000	
Allendale.	1,370
Alpha.	2,485
Asbury Park.	14,390
Atlantic City.	54,700
Atlantic High-	
lands.	1,885
Audubon.	5,490
Bancroft.	95,740
Belleville.	19,785
Belmar.	2,300
Belvidere.	2,085
Bergenfield.	4,245
Beverly.	2,966
Bloomfield.	27,134
Bloomfield.	2,540
Bogota.	4,525
Boonton.	6,221
Bordentown.	5,060
Bound Brook.	6,845
Bradley Beach.	2,662
Camden.	15,690
Burlington.	9,643
Butler.	3,340
Caldwell.	4,728
Camden.	135,400
Cape May.	3,470
Carle.	5,175
Carteret.	5,255
Chatham.	2,803
Clayton.	2,210
Cliffside.	6,625
Clifton.	36,312
Closter.	2,130
Cresskill.	11,490
Delford.	11,490
Dover.	11,545
Dumont.	2,940
Dunnellen.	3,915
E. Newark.	3,542
E. Orange.	65,000
E. Paterson.	2,820
E. Rutherford.	6,325
Edgewater.	4,085
Egg Harbor.	3,030
Elizabeth.	102,224

Elmer.	1,285
Englewood.	13,156
Fair Haven.	1,690
Fairview.	5,652
Flemington.	3,005
Fort Lee.	6,660
Franklin.	4,715
Fresh Pond.	5,520
Frenchtown.	1,275
Garfield.	25,687
Garwood.	2,420
Glen Ridge.	5,345
Glen Rock.	2,520
Gloucester City.	
Haledon.	13,979
Guttenberg.	7,790
Hackensack.	42,500
Hackettstown.	3,390
Haddonfield.	6,540
Haddon Hts.	3,410
Haledon.	2,975
Hammoncton.	1,430
Harrison.	17,160
Hasbrouck Hts.	3,355
Hawthorne.	5,945
High Bridge.	2,075
Highland Park.	5,630
Highlands.	2,000
Hightstown.	3,090
Hoboken.	70,210
Hopewell.	1,550
Irvine.	34,992
Jersey City.	324,700
Jersey City.	324,700
Keansburg.	1,535
Kearny.	32,710
Kenilworth.	1,520
Keyport.	5,115
Lambertville.	5,400
Leonia.	3,445
Linden.	2,020
Little Ferry.	3,140
Lodi.	10,655
Long Branch.	14,265
Madison.	6,395
Mammoth.	1,440
Manasquan.	1,670
Maywood.	2,210
Matawan.	1,870
Mehranville.	3,200
Metuchen.	3,857
Middlesex.	2,145
Midland Park.	2,400
Milltown.	9,775
Millville.	16,685
Montclair.	34,415
Moonachie.	1,385
Morrisstown.	13,135
Netcong.	2,080
New Brunswick.	473,600
New Providence.	40,800
New Providence.	1,395
Newton.	4,775
N. Arlington.	2,045
Northfield.	1,300
N. Plainfield.	8,910
Nutley.	11,670
Oaklyn.	1,310
Ocean City.	2,905
Orange.	36,500
Pallisades Park.	3,045
Park Ridge.	2,545
Park Ridge.	71,490
Paterson.	14,900
Paterson.	5,030
Pennsgrove.	7,019
Perth Amboy.	50,103
Phillipsburg.	19,480
Pittman.	3,920
Plainfield.	33,490
Pleasantville.	6,820
Pt. Pleasant.	
Beach.	1,820
Pompton Lakes.	
Princeton.	2,320
Prospect Park.	4,990
Rahway.	12,550
Ramsey.	2,425
Raritan.	5,160
Red Bank.	10,727
Ridgefield Pk.	11,098
Ridgewood.	
(Twp).	8,775
Ringwood.	1,175
Riverton.	2,705

Rockaway.	3,070
Roosevelt.	11,890
Roselle.	6,645
Roselle Park.	6,285
Rumson.	1,915
Rutherford.	11,280
Salem.	8,610
Secaucus.	6,285
Somerville.	7,775
S. Amboy.	9,145
S. Boundbrook.	1,510
S. Orange.	8,425
S. River.	7,640
Spring Lake.	1,165
Staten Is.	1,805
Summit.	12,215
Sussex.	1,525
Swedesboro.	2,130
Tenafly.	4,145
Totowa.	2,155
TELETON.	139,000
Tuckerton.	6,400
Union City.	67,400
Ventnor.	2,540
Verona.	3,520
Vineland.	7,875
Walwick.	1,506
Wallington.	6,715
Wanaque.	3,375
Washington.	3,860
West Caldwell.	1,920
Westfield.	10,920
W. New York.	40,978
Westbury.	18,998
W. Paterson.	2,150
Westville.	2,735
Westwood.	3,000
Wharton.	3,325
Wildwood.	3,320
Woodbine.	1,620
Woodbury.	7,115
Woodlynne.	1,755
Wood-Ridge.	2,230
Woodstown.	1,840

<b>NEW MEXICO</b>	
396,000	
Alamogordo.	2,730
Albuquerque.	21,955
Artesia.	1,280
Belen.	1,515
Carlsbad.	1,605
Clayton.	2,500
Clovis.	5,675
Columbus.	2,440
Deming.	3,715
Gallup.	4,540
Las Alamos.	4,595
Las Vegas.	2,080
Lordsburg.	1,530
Magdalena.	2,165
Portales.	1,340
Raton.	6,415
Roswell.	8,140
SANTA FE.	8,385
Santa Rosa.	1,200
Silver City.	3,075
Socorro.	1,450
Tucuman.	3,600
Tularosa.	1,260

<b>NEW YORK</b>	
11,550,000	
Adams.	1,665
Adams.	1,840
Albany.	4,250
ALBANY.	120,400
Albion.	5,520
Alexandria Bay.	2,260
Allegany.	4,500
Amityville.	4,500
Amsterdam.	36,200
Andover.	1,320
Angola.	1,560
Arcade.	1,700
Athens.	1,855
Attica.	2,255
Auburn.	36,745
Aver.	2,615
Babylon.	3,920
Bainbridge.	4,125
Baldwinsville.	4,125
Ballston Spa.	4,745
Batavia.	16,575
Bath.	4,295
Beacon.	12,330
Belmont.	1,890
Binghamton.	74,800
Blasdell.	1,595



# DROPSY



*Watery Swellings Beneath the Eyes in Dropsy*

*A Common Sign of Disordered  
Kidneys Indicated by*

*Swelling of the Eyelids,  
Face, Feet, Hands,  
Limbs and Body*

**A**RE you inclined to be dropsical? Do you get up in the morning with unsightly, pouch-like swellings beneath the eyes? Do you know it is a sign of danger—that dropsy almost always begins with watery sacs under the eyes or swollen hands and ankles?

You take enough fluid in a single month to weigh as much as your entire body. Most of this fluid has to pass through the urinary system. Imagine what happens when the outlets are stopped up! That is what partially takes place in dropsy.

Dropsy is a watery swelling in the ankles, limbs and body, beneath the eyes or in the hands. The limb swellings are soggy and pressure of a finger-tip leaves a dent.

In neglected cases, so little water is elimi-

nated that the brain, abdomen or chest may be attacked. If the water gets into the lungs or the sac that envelops the heart, death often results. Dropsy is not a disease in itself, but often a symptom of some serious condition. There are various causes for dropsical conditions. *Doan's Pills* have been remarkably successful in that form of dropsy due to sluggish kidney function.

*Doan's Pills* have a stimulating effect on the kidneys, increasing the flow of the urine, flushing out the clogging impurities and draining off the water through the natural channels.

By assisting the kidneys to normal activity, *Doan's* have been remarkably successful in dropsy. Recommendations tell of excellent results in dropsical conditions.

## Body Terribly Swollen With Dropsy

*Mrs. Bond Gives Doan's Credit For Remarkable Recovery.*

**F**OLLOWING the birth of my third child my kidneys became disordered, developing into dropsy and for months I was in a serious condition," says *Mrs. Charles Bond, 223 E. Broad St., New Lexington, Ohio.*

"My kidneys just seemed to stop acting entirely. The secretions came a drop or two at a time and the torture in passage defies description. My whole body was terribly swollen and huge sacs hung beneath my eyes.

"About everything was tried but to no avail and I despaired of ever being well again. It was at this time a relative recommended *Doan's Pills* and while I had little faith in any medicine, I began using them.

"What wonderful relief the first box brought! I improved from the first and before long was up out of bed. I continued and it seemed no time before I was well and strong again, and my kidneys were acting normally. *Doan's Pills* not only brought me back to health at that time, but I used them before and after the birth of my next two children with the same good results."

*Sworn to before me,*

*J. L. MEENAN, Notary Public.*



**Mrs. Bond**

*Doan's Pills act on the kidneys only and do not move the bowels. If a laxative is needed we recommend Doan's Regulets which are designed to act in harmony with Doan's Pills.*

# Are You "Rheumatic?"

Then You Should Know that Many So-Called Rheumatic Troubles Are Really Due to Excess Uric Acid.

**A**RE you inclined to be lame, stiff and achy? Is every change of weather foretold by painful joints and cutting

twinges? Then you should know that many so-called rheumatic troubles are really due to an excess of uric acid in the blood that must be eliminated through the kidneys.

When the kidneys become sluggish, uric acid is apt to accumulate in the blood and form into tiny, jagged particles like splintered glass. They center their effects in the joints and tendons, causing intense suffering whenever the affected parts are moved.

*Doan's Pills* have been recommended by many grateful users in these conditions.

They stimulate the kidneys to healthier activity, thus assisting them to flush away the accumulated uric acid, so often the real cause of the trouble.

Much too, can be done by assisting nature. Drink liberally of pure water. Eat lightly of red meats, and keep to a light, simple diet. The juice of one lemon daily has been found help-

ful. Take out-of-doors exercise and avoid excesses of all kinds.



## Missouri Man Tells of Remarkable Recovery

Lost Ninety Pounds and Despaired of Being Better.  
Now Well Again.

**A** CONSTANT and persistent backache was the first sign that my kidneys weren't acting right," says *F. Rebsamen*, 113 Schiller St., Hermann, Mo.

"As time passed, my limbs got weak and shaky and my joints began to pain. In damp weather my limbs were so cramped up I could hardly move. The kidney secretions came only in drops and the pain in passage was terrible. Some days they seemed hardly to pass at all.

"From a weight of 196, I dropped to 105. Finally, after four months of constant suffering, I had to take to my bed. Weak, exhausted and tortured with terrific pains, I lay for over a month bed-ridden and helpless. Nothing helped me and I despaired of ever getting up again.

"At that critical time, my folks began giving me *Doan's Pills* and before long I began to improve. Joyfully I continued and

after the fifth box was able to get up. As I used *Doan's* I kept getting better and gained weight. After taking eight boxes of *Doan's Pills*, I recovered entirely and I have felt fine ever since."

Sworn to before me,

L. G. GRAF, Notary Public.



Mr. Rebsamen

### Doan's Leading Seller, Says This Druggist:

"We have been in business here in Ilion for thirty years and during that time we have sold many gross of *Doan's Pills*," says *The B. A. Russell Pharmacy*, Ilion, N. Y.

"We have purchased the pills in as large a quantity as three gross, always and now being the largest selling pill of its kind that we carry.

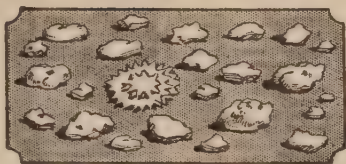
"We consider *Doan's Pills* one of the most staple products as a stimulating diuretic to the kidneys and never have we had a single complaint as to their merit."



# Gravel and Stone

In the Kidneys  
and Bladder

## How These Stony Deposits Form, Grow and Cause Excruciating Pain.



Specimens of Gravel

**M**ANKIND endures few ailments more dangerous, and none more excruciatingly painful, than stone or gravel in the kidneys, bladder, or ureters.

This queer freak of Nature, due to an excess of uric acid and other chemical matter in the blood, is one of the most painful and serious phases of improper kidney function. Healthy kidneys pass off the uric acid in the urine. When the kidneys become sluggish, excess uric acid is permitted to accumulate, crystals may form and be deposited in the kidneys. Layer after layer is added. The passage of these sharp, jagged particles down the narrow tubes from the kidneys to the bladder causes spasms of pain almost indescribable, known as kidney "colic."

The danger is greatest, however, when the

stone becomes too big to pass out, clogging the passages, holding back the urine, preventing the work of the kidneys and often endangering life itself. When one has a tendency toward stone or gravel the important thing is to keep the kidneys active and the urine abundant. *Doan's Pills* are recommended by many for their diuretic effect on the kidneys. It is well to assist the medicine by drinking freely of pure water. *Doan's* stimulate the kidneys to greater activity and thus assist them to flush away the excess uric acid and other chemical matter through the urinary channels.

It is a wise precaution to watch the urine and if sediment appears to use *Doan's* at once. A serious attack of stone or gravel may thus be avoided.

## Texas Man Tells Interesting Experience with Doan's

**"I** HOPE no one is ever troubled with their kidneys as I was with mine," says R. M. Huffhines, 222 Bolivar St.,

Denton, Tex. "It started with a backache that kept getting worse and worse all the time.

"Sometimes my kidneys hardly acted at all and the urine burned terribly in passing. At other times they acted so freely I had to get up at night. My feet, hands and limbs were greatly swollen. When I pressed on the skin it left a big dent until the water slowly filled it out.

"I had been a strong healthy, man, but in the months of suffering I lost fifty pounds. I failed to improve and began to think I would never be well again.

I gradually grew worse, until I became utterly discouraged.



Mr. Huffhines

"Finally a friend told me to use *Doan's Pills*. Not to take one box and expect to feel better, but to give them a good, long trial. I did as he advised and it seemed almost too good when I started to get better.

"I took over a dozen boxes of *Doan's* and steadily improved until the pains were all gone and I felt like my former self. I gained in weight, too; and my strength returned once again. All the troubles that had made me so miserable disappeared and I give all the credit to *Doan's Pills*. I owe a lot to them."

Sworn to before me,

G. M. HOPKINS, Notary Public.

# DOAN'S 1930 DIRECTORY—New York, North Carolina, North Dakota, Ohio

## NEW YORK—Con.

Bollivar.....	1,465
Boonville.....	2,220
Briar Cliff Manor.....	1,535
Brookport.....	3,845
Brookton.....	1,440
Bronxville.....	1,285
Buffalo.....	555,800
Caledonia.....	1,520
Cambridge.....	1,725
Camden.....	2,235
Canajoharie.....	2,930
Candor.....	1,450
Cannastota.....	4,480
Canisteo.....	2,600
Canton.....	2,865
Carthage.....	4,810
Castleton.....	1,780
Catskill.....	5,025
Cazenaville.....	1,440
Cazenovia.....	1,382
Cedarhurst.....	3,830
Champlain.....	1,350
Chateaugay.....	1,470
Chatham.....	2,560
Chenango.....	2,255
Clayton.....	2,060
Clifton Springs.....	1,380
Clinton.....	1,525
Clyde.....	2,810
Cobleskill.....	2,560
Coches.....	2,465
Cold Spring.....	1,580
Cooperstown.....	2,920
Corinth.....	2,695
Corning.....	16,680
Cornwall.....	2,155
Cornwall-on-Hudson.....	7,725
Coxsackie.....	2,580
Croton-on-Hudson.....	2,320
Cuba.....	1,585
Danemora.....	3,130
Dansville.....	4,845
Danville.....	1,880
Depew.....	6,495
Deposit.....	2,165
Dexter.....	1,180
Dobbs Ferry.....	5,325
Dolgeville.....	3,435
Dorchester.....	2,230
Dunkirk.....	21,125
East Aurora.....	4,920
E. Rochester.....	6,235
E. Rockaway.....	3,460
E. Syracuse.....	4,765
Eastwood.....	5,565
Ellenville.....	5,515
Elmira.....	50,000
Elmira Hts.....	5,080
Elmsford.....	2,365
Endicott.....	16,575
Fairport.....	4,710
Falconer.....	3,555
Farmingdale.....	3,230
Fayetteville.....	1,920
Floral Park.....	7,155
Fonda.....	1,310
Fort Edward.....	3,850
Fort Plain.....	3,085
Frankfort.....	4,685
Franklinville.....	2,245
Fredonia.....	6,675
Freeport.....	14,750
Friendship.....	1,760
Fulton.....	13,330
Garden City.....	3,330
Geneseo.....	2,475
Geneva.....	16,875
Glen Cove.....	11,480
Glens Falls.....	18,935
Greenvale.....	23,460
Goshen.....	4,120
Gouverneur.....	4,362
Gowanda.....	2,915
Granville.....	3,759
Great Neck.....	3,895
Greene.....	1,440
Green Island.....	4,784
Greenport.....	3,170
Greenwich.....	2,535
Groton.....	2,195
Hamburg.....	4,171
Hamilton.....	1,765
Hammansport.....	1,115
Hancock.....	1,570

## Hastings-on-Hudson.....

Hudson.....	6,695
Haverstraw.....	6,283
Hempstead.....	10,555
Herkimer.....	11,572
Highland Falls.....	3,255
Hillburn.....	1,205
Holley.....	1,805
Homert.....	2,705
Honeoye Falls.....	1,275
Hoosick Falls.....	5,356
Hornell.....	16,740
Horseneads.....	2,455
Hudson.....	12,465
Hudson Falls.....	6,643
Ilion.....	11,060
Irrington.....	3,490
Ithaca.....	20,038
Jamestown.....	46,000
Johnston City.....	11,845
Johnstown.....	11,365
Jordan.....	1,195
Keesville.....	1,815
Kenmore.....	6,916
Kingston.....	29,808
Lackawanna.....	21,230
Lake Placid.....	2,620
Lancaster.....	7,158
Larchmont.....	4,150
Lawrence.....	2,672
Le Roy.....	4,650
Liberal.....	3,240
Lindenhurst.....	3,640
Little Falls.....	13,185
Little Valley.....	1,420
Liverpool.....	2,115
Lockport.....	22,995
Lowville.....	3,635
Lyons Fork.....	8,822
Lyons.....	4,530
Malone.....	9,355
Mamaroneck.....	10,768
Manchester.....	1,405
Manlius.....	1,765
Massena.....	6,267
Mayville.....	1,365
McGrawville.....	1,280
Mechanicville.....	9,030
Medina.....	6,565
Mexico.....	1,275
Middletown.....	1,625
Middletown.....	21,655
Minerva.....	5,556
Mohawk.....	3,195
Monroe.....	1,750
Monticello.....	3,740
Monticello Falls.....	1,350
Moravia.....	5,525
Mt. Kisco.....	4,413
Mt. Morris.....	3,770
Mt. Vernon.....	54,700
Naples.....	1,210
Newburgh.....	30,400
New Hartford.....	1,795
New Rochelle.....	48,800
New York.....	6,017,500
New York Mills.....	4,892
Newark.....	7,755
Niagara Falls.....	68,300
Norfolk.....	1,390
N. Pelham.....	4,260
N. Tarrytown.....	7,441
N. Tonawanda.....	18,410
Northport.....	2,740
Northville.....	1,190
Norwich.....	5,352
Norwood.....	1,000
Nunda.....	1,200
Nyack.....	5,215
Oakfield.....	2,195
Ogdensburg.....	15,081
Ogden.....	22,630
Oneida.....	1,395
Oneonta.....	12,787
Oriskany.....	1,245
Ossining.....	13,545
Oswego.....	23,730
Owego.....	5,030
Oxford.....	1,935
Painted Post.....	2,350
Palmyra.....	2,820
Patchogue.....	5,428
Peekskill.....	19,085
Pelham.....	1,840
Pelham Manor.....	3,540
Penn Yan.....	5,650

Perry.....	4,918
Phelps.....	1,505
Philmont.....	2,075
Phoenix.....	1,810
Pittsford.....	1,540
Plattsburgh.....	12,250
Pleasantville.....	3,393
Port Chester.....	20,455
Port Henry.....	2,195
Port Jervis.....	11,145
Potsdam.....	1,450
Poughkeepsie.....	39,100
Pulaski.....	2,080
Randolph.....	1,585
Ravena.....	2,060
Rensselaer.....	12,085
Rhinebeck.....	1,610
Richfield Sprs.....	1,515
Rochester.....	328,200
Rockville Cen.....	10,943
Rome.....	32,170
Rouses Point.....	1,865
Rye.....	7,101
Sag Harbor.....	3,305
St. Johnsville.....	2,725
Salamanca.....	10,475
Salem.....	1,100
Saranac Lake.....	6,975
Saratoga Sprs.....	14,726
Saugerties.....	4,485
Schoharie.....	1,450
Schenectady.....	93,300
Schuylerville.....	1,720
Scotia.....	5,895
Sea Cliff.....	3,290
Seneca Falls.....	6,870
Shenburne.....	1,480
Sherrill.....	2,235
Shortsville.....	1,385
Sidney.....	2,647
Silver Creek.....	3,475
Skaneateles.....	1,865
Sloan.....	2,492
Sodus.....	1,440
Solvay.....	8,015
S. Glens Falls.....	2,670
S. Nyack.....	2,230
Southampton.....	4,192
Spring Valley.....	4,005
Springville.....	2,455
Stamper.....	1,410
Suffern.....	3,553
Syracuse.....	199,300
Tarrytown.....	6,570
Ticonderoga.....	4,090
Tonawanda.....	11,775
Valatie.....	3,300
Tuckahoe.....	5,340
Tupper Lake.....	3,223
Unadilla.....	1,175
Union.....	3,870
Utica.....	104,200
Valatie.....	1,405
Valley Stream.....	7,755
Walden.....	4,758
Walton.....	3,720
Wappingers Falls.....	3,610
Warsaw.....	3,550
Watkins.....	2,921
Waterford.....	3,435
Watertown.....	4,160
Watertown.....	33,700
Waterville.....	1,405
Watervliet.....	17,140
Waverlet.....	3,395
Waverly.....	9,917
Wayland.....	1,875
Webster.....	1,525
Weedsport.....	1,530
Wellsville.....	5,144
West Carthage.....	1,715
West Haverstraw.....	2,807
Westfield.....	3,800
White Plains.....	29,095
Whitehall.....	6,004
Whitesboro.....	3,465
Williamsville.....	2,693
Wolcott.....	1,355
Yonkers.....	121,900
Yorkville.....	1,780

## N. CAROLINA

2,938,000

Ahoskie.....	1,645
Albemarle.....	5,227
Asheboro.....	2,955

Asheville.....	32,905
Aspen.....	1,935
Beaufort.....	3,430
Beaufort.....	1,105
Belmont.....	3,388
Benson.....	1,295
Bessemer City.....	2,515
Brevard.....	1,915
Burlington.....	6,895
Canton.....	2,992
Carboro.....	1,390
Charlotte Hill.....	1,215
Charlotte.....	82,100
Cherryville.....	2,180
Clayton.....	1,635
Clinton.....	2,445
Concord.....	11,090
Cornelius.....	1,325
Dallas.....	1,610
Davidson.....	1,340
Dunn.....	3,250
Durham.....	47,600
East Spencer.....	2,590
Eden.....	3,318
Elizabeth City.....	8,825
Elkton.....	1,385
Enfield.....	1,905
Farmville.....	2,055
Fayetteville.....	10,320
Forest City.....	2,683
Fruita.....	1,500
Gaston.....	17,665
Gibsonville.....	1,510
Goldboro.....	14,878
Graham.....	2,730
Granite Falls.....	1,265
Greensboro.....	51,900
Greenville.....	1,889
Hamlet.....	4,410
Henderson.....	6,050
Hendersonville.....	4,310
Hertford.....	1,955
Hickory.....	5,876
High Point.....	24,720
Hillsboro.....	1,630
Kernersville.....	1,410
Kings Mtn.....	3,244
Kingston.....	11,730
LaGrange.....	1,610
Laurinburg.....	4,050
Leahurst.....	1,355
Lenoir.....	3,350
Lexington.....	6,190
Lincolnton.....	3,919
Littleton.....	1,165
Louisburg.....	2,255
Lowell.....	1,375
Lumberton.....	3,305
McAdenville.....	1,345
Madison.....	1,440
Maiden.....	1,460
Marion.....	2,050
Maxton.....	1,615
Mayodan.....	2,810
Mebane.....	1,580
Mocksville.....	1,330
Monroe.....	4,732
Mooresville.....	4,995
Morehead City.....	3,419
Morrisville.....	3,315
Mount Airy.....	1,505
Mount Holly.....	1,355
Mount Olive.....	2,657
Murphy.....	1,520
New Bern.....	12,772
Newport.....	3,502
N. W. Haverboro.....	2,723
Norwood.....	1,674
Oxford.....	4,165
Plymouth.....	2,135
Raeford.....	1,430

## RALEIGH.....

Ramsey.....	1,165
Randleman.....	2,270
Red Springs.....	1,170
Reidsville.....	1,674
Roanoke Rps.....	3,885
Robersonville.....	1,390
Rockingham.....	2,905
Rocky Mount.....	15,800
Roxboro.....	1,910
Rutherfordton.....	1,953
Salisbury.....	18,935
Sanford.....	3,445
Scotland Neck.....	2,380
Selma.....	1,850
Shelby.....	4,175
Smithfield.....	2,195

Southport.....	1,925
Spencer.....	2,878
Spring Hope.....	1,415
Statesville.....	9,150
St. Pauls.....	1,330
Tarboro.....	5,289
Taylorsville.....	1,295
Thomasville.....	6,570
Troy.....	1,270
Wadesboro.....	3,415
Wake Forest.....	1,640
Warsaw.....	1,275
Washington.....	7,307
Waynesville.....	2,245
Weldon.....	2,170
Wendell.....	1,435
Winterton.....	1,390
Wilmington.....	2,085
Wilmington.....	39,100
Wilson.....	13,400
Windsor.....	1,400
Winston-Salem.....	73,954

## NORTH DAKOTA

641,192

Beach.....	1,215
BISMARCK.....	9,705
Bellevue.....	1,125
Cando.....	1,115
Carrington.....	1,395
Casselton.....	1,510
Cooperstown.....	1,065
Crosby.....	1,165
Dakota Lake.....	5,735
Dickinson.....	4,740
Ellendale.....	1,160
Enderlin.....	1,935
Fargo.....	26,440
Grafton.....	3,090
Grand Forks.....	16,090
Hankinson.....	1,470
Harvey.....	2,140
Hebron.....	1,380
Hettinger.....	1,070
Hillsboro.....	1,230
Jamestown.....	7,668
Kennett.....	1,470
Langdon.....	1,470
Lidgerwood.....	1,070
Linton.....	1,095
Lisbon.....	1,725
Mandan.....	5,375
Mayville.....	1,425
Milwaukee.....	1,088
New Rockford.....	2,175
Oakes.....	1,600
Park River.....	1,105
Rugby.....	1,600
Valley City.....	4,980
Wadena.....	3,380
Williston.....	4,785
Wishek.....	1,075

## OHIO

6,826,000

Ada.....	2,685
Adyston.....	1,935
Akron.....	208,435
Alliance.....	26,110
Amherst.....	2,880
Amsterdam.....	1,575
Arcanum.....	1,515
Archbold.....	1,245
Ashtabula.....	26,200
Ashland.....	1,315
Athens.....	7,435
Avon.....	1,680
Barberton.....	24,345
Barnesville.....	5,635
Bethesda.....	3,045
Bellaire.....	16,995
Bellefontaine.....	10,520
Bellevue.....	6,690
Belton.....	1,520
Berea.....	3,420
Bergholz.....	1,405
Bethesda.....	1,550
Bethesda.....	1,370
Bexley.....	1,550
Blanchester.....	1,930
Bluffton.....	2,260
Bowling Green.....	6,705
Bradford.....	2,710
Bremen.....	1,315
Bridgetown.....	1,610
Brilliant.....	1,740
Brookville.....	1,545
Bryan.....	4,925



# Are You Paying the Penalty?

Late Hours, Rich Foods and Stimulating Drinks Throw Heavy Strain on the Kidneys.

Do you find yourself running down—feeling older and slower than you should? Do you wonder what is wrong?

Perhaps you have been overdoing. Recreation and relaxation are necessary to a happy existence, but being human, we too often overstep the bounds and have to pay the penalty.

Rich foods, over-indulgence in stimulating drinks, lack of fresh air, water and exercise, late hours and too little rest, impose a heavy strain upon our hard-working kidneys.

And when the kidneys fail to properly eliminate the waste impurities from the blood, there is apt to be a slow poisoning of the system.

One is inclined to feel tired, listless and achy. Efficiency is low and the mind beclouded. There is a tendency to drowsy headaches and dizziness and often a dull, nagging backache. A common symptom of

improper kidney function is too frequent, scanty or burning urine.

Naturally, if you have been putting pleasure before health and are suffering the penalty, the thing to do is to ease up and live more simply for a while. Assist your kidneys, if they show signs of sluggishness,

with *Doan's Pills*, which are used by so many thousands in these conditions.

Many people, when they know they have overstepped the mark, take *Doan's Pills* when they notice

any sign of sluggish kidney action.

*Doan's* stimulate the kidneys and thus assist them in ridding the blood of waste impurities. Many hundreds of thousands of users the country over have given them grateful endorsement.



## "I Shall Never Forget," Says Mrs. Wyon California Woman Attributes Her Good Health to Doan's Pills.

"I SHALL praise *Doan's Pills* as long as I live," says Mrs. J. F. Wyon, 643 E. G St., Ontario, Calif.



Mrs. Wyon

"My kidneys didn't seem to function properly. I was continually thirsty and the secretions were scanty and scalding. Spots were before my eyes, I had dizzy spells and I could hardly turn my head because of the dull pains.

"My feet bloated to nearly double their former size. My skin looked shiny and if I pressed it hard, a

dent remained. I looked like skin and bones; lost my appetite and forty pounds in weight. It got so that I couldn't do any of my housework and part of the time was unable to get around. The neighbors never expected me to get back my health.

"About this time I was reading *Doan's Directory* and quit taking all medicine except *Doan's Pills*. I won't ever forget how happy I felt when I realized that I was getting better. I continued with *Doan's*, constantly improving until I was back to perfect health. I now keep *Doan's Pills* in my home at all times and have told many of my friends and acquaintances what wonderful benefit I received from them."

Sworn to before me,  
VERA W. SMITH, Notary Public.

# Is Your Work Telling On Your Kidneys?

The Trades Below are Especially Hard on the Kidneys.  
Workers in These Trades Rely on Doan's.

**D**O you work in a trade that imposes unusual burdens on your kidneys? Do you notice scantiness of excretions, burning passages and other evidences of sluggish kidney action? Do you feel lame, tired and achy—have nagging backache, frequent headaches and dizzy sensations? Then you should be giving some attention to your kidneys. The trades below are especially hard on the kidneys. It behooves

## Exposure to Extremes and Sudden Changes of Temperature.

Foundry Work, Railroad Work,  
Steel Work, Teaming,  
Stoking, Police Patrolling, Chauffeur,



## Exposure to Constant Dampness.

Laundry Work, Quarrying,  
Mining, Tanning,  
Paper Mill Work, Ice Plant Work,  
Working in Refrigerators.

*Workers everywhere rely on Doan's when their work imposes extra strain on the kidneys. If your work is hard on your kidneys, help them with Doan's Pills—a stimulant diuretic to the kidneys and strongly recommended by workers in the above trades.*

## Was Unable to Work

Mr. Sloan Used Doan's Pills and  
Soon Felt as Well as Ever.

**"MY WORK** called for a great deal of walking and standing and I had to stop it," says Guy R. Sloan, 172 Maple St., Naugatuck, Conn. "I had been a strong able-bodied man up to 1917, but I began to feel so miserable that I had to lay up. I got up mornings lame and achy. My head ached and I had dizzy spells and backache. The kidney secretions were scalding and passed only a few drops at a time. I lost weight and felt so tired and completely worn out that sometimes I was barely dragging around. I shall always be glad that I used Doan's Pills. After the fourth box I began to improve rapidly and in a short time I was as well as ever."



Mr. Sloan

Sworn to before me,  
LOUIS SCHILLER, JR., Notary Public.

## Druggists Praise Doan's Gloster, Miss., Druggist Has Handled Doan's for 30 Years.

**"I HAVE** been in the drug business nearly thirty years, during which time I have always stocked Doan's Pills," says W. P. Webb, Webb's Pharmacy, Gloster, Miss. "Over the years I have been in a position to observe an ever-increasing demand and now Doan's is one of the leaders in my store. In my opinion, increased sales is the best evidence of popularity and merit. I like to handle a nationally-advertised remedy like Doan's."

## "Always Give Satisfaction," Says Missouri Dealer.

**"WE HAVE** been selling Doan's Pills for fifteen years," says Jas. T. Lain, Lain-Shortridge Drug Co., Pleasant Hill, Mo. "Have never hesitated to recommend them to our customers and have never had a package returned on account of dissatisfaction. Doan's Pills is one of the big sellers in our five stores and we are always glad to sell them as we feel that we are giving the customer a preparation of real merit."



# Right Living as Important as Medicine

To Be Well You Must Do Those Things That Will  
Help to Make You Well.

**W**HEN you are sick you naturally want to get well as quickly as possible, and the sensible thing to do is to stop

those habits that have helped make you sick—or at least moderate them during treatment. We have shown that bad habits, errors in diet, overwork, worry, lack of exercise and of sufficient sleep, tend to overtax the kidneys. Common sense tells you, therefore, that you can more quickly help your kidneys if you will assist the medicine by modifying those habits that have been harming the kidneys.

Keep to a simple, light, nourishing diet. Avoid too much meat, sweets, or starchy foods.

Drink little tea or coffee or stimulating drinks. Avoid colds, chills and damp. Keep regular hours and get plenty of rest and sleep. Avoid overwork, worry and excesses. Take plenty of light, out-of-doors exercise. (Walking is as good as any.) It's good to drink plenty of pure water, unless the kidneys show an inability to pass it through, as in dropsy.



Follow these simple health hints and the good effects of a good medicine will be hastened. *Doan's Pills* are recommended by thousands of grateful users the country over. In buying *Doan's* you know you will be using the largest-selling advertised diuretic.

## These Physicians Give Doan's Endorsement

**T**WENTY-SEVEN years' successful medical practice in Texas and five years in Tennessee is the experience of

*Dr. J. D. Pickens, Winnie, Texas.* Graduated from the University of Louisville, Ky., in 1891, *Dr. Pickens* is well qualified to speak concerning *Doan's*. Says *Dr. Pickens*:

"*Doan's Pills* are one of the best kidney diuretics on the market. I have prescribed them often to people suffering backache, swellings, and other disorders caused by sluggish kidneys. The results have been remarkable.

"*Doan's Pills* can surely be depended upon."



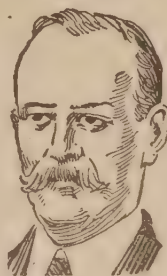
**Dr. Pickens**

Sworn to before me,

R. W. DUREN, Notary Public.

**A** GRADUATE of Georgia State University in 1880, *Dr. A. S. Cooper, R.F.D. 2, Mayfield, Ga.*, is approaching

half a century of successful medical work. *Dr. Cooper* has prescribed *Doan's Pills* for years and recommends them highly. Says *Dr. Cooper*: "I have used *Doan's Pills* personally and in my practice for years and have never prescribed another kidney diuretic that acts so effectively. I have observed their efficiency many times in scant and painful urination, headaches and backache, due to sluggish kidneys."



**Dr. Cooper**

Sworn to before me,

W. P. RAINWATER, Notary Public.

# DOAN'S 1930 DIRECTORY—Ohio, Oklahoma, Oregon, Pennsylvania

## OHIO—Con.

Buchtel.....	1,365
Bucyrus.....	12,280
Buysville.....	3,215
Cadiz.....	2,420
Caldwell.....	1,970
Cambridge.....	14,665
Canton.....	116,800
Cardington.....	1,275
Carey.....	7,580
Carrollton.....	2,540
Cedarville.....	1,185
Celina.....	4,890
Chagrin Falls.....	2,585
Chardon.....	1,810
Chaucney.....	1,320
Cheniot.....	4,760
Chillicothe.....	17,405
Cincinnati.....	413,700
Circleville.....	8,145
Cleveland.....	1,010,300
Cleveland Hts.....	23,200
Cleves.....	3,205
Clyde.....	3,590
Coal Grove.....	2,142
Coldwater.....	1,770
Columbiana.....	2,450

## COLUMBUS 299,000

Columbus Grove.....	2,045
Conneaut.....	11,075
Conneaut Lake.....	1,260
Corning.....	1,885
Coshocton.....	12,075
Covington.....	2,185
Crestline.....	4,980
Crooksville.....	2,785
Cuyahoga Falls.....	14,320
Dayton.....	184,500
Defiance.....	10,175
Delaware.....	9,150
Delphos.....	6,655
Delta.....	1,785
Dennison.....	6,595
Dexter.....	2,085
Dillonvale.....	1,900
Dover.....	9,320
Dresden.....	1,655
E. Cleveland.....	39,260
E. Columbus.....	1,530
E. Liverpool.....	22,880
E. Palestine.....	6,680
E. Youngstown.....	16,710
Eaton.....	3,715
Elmwood Pl.....	4,625
Elyria.....	24,915
Fuelid.....	3,895
Fairport Harbor.....	19,870

Findlay.....	10,975
Forest.....	1,325
Ft. Recovery.....	1,255
Fostoria.....	10,750
Franklin.....	3,560
Fredericktown.....	1,385
Fremont.....	14,530
Galion.....	8,540
Gallipolis.....	7,030
Garfield Hts.....	2,965
Garrettsville.....	1,290
Geneva.....	3,570
Georgetown.....	1,930
Germanatown.....	2,115
Gibsonburg.....	2,005
Girard.....	7,595
Glendale.....	2,030
Hamster.....	3,635
Grandview Hts.....	1,375
Granville.....	1,660
Greenfield.....	5,020
Greenville.....	8,230
Grover.....	1,945
Hamilton.....	44,200
Harrison.....	1,510
Hicksville.....	3,605
Hillsboro.....	4,975
Hubbard.....	3,840
Hudson.....	1,315
Huron.....	1,965
Independence.....	1,510
Ironton.....	15,150
Jackson.....	6,760
Jacksonville.....	1,205
Jefferson.....	1,775
Kenmore.....	20,260
Kent.....	8,190

Kenton.....	8,905
Lakewood.....	6,000
Lancaster.....	16,810
Lebanon.....	3,935
Leontonia.....	3,105
Leipsic.....	2,065
Lewisburg.....	1,270
Lima.....	49,725
Linden Hts.....	2,000
Lisbon.....	3,605
Lockland.....	4,640
Lodi.....	1,435
Logan.....	6,360
London.....	4,725
Lorain.....	4,900
Loudonville.....	2,185
Louisville.....	2,315
Loveland.....	1,800
Lowellville.....	2,559
McArthur.....	1,515
McComb.....	1,270
McConnelsville.....	1,865
Manchester.....	2,115
Mansfield.....	33,265
Maple Hts.....	2,000
Marblehead.....	1,205
Marietta.....	15,955
Marion.....	3,990
Martins Ferry.....	10,253
Marysville.....	4,210
Massillon.....	20,200
Maumee.....	3,697
Mechanicsburg.....	1,700
Medina.....	3,970
Miamisburg.....	5,077
Middleport.....	4,365
Middletown.....	32,223
Millford.....	1,765
Millersburg.....	2,435
Minerva.....	2,615
Mingo Jet.....	3,840
Minster.....	1,780
Monroeville.....	1,365
Montpelier.....	3,535
Mt. Gilead.....	2,125
Mt. Healthy.....	2,610
Mt. Sterling.....	2,990
Mt. Vernon.....	9,872
Murray City.....	1,725
Napoleon.....	4,790
Navarre.....	1,595
Nelsonville.....	7,460
Newark.....	5,575
New Bremen.....	1,840
Newcomerstown.....	3,920
New Lexington.....	3,651
New London.....	1,700
New Philadelphia.....	1,545
New Richmond.....	1,980
New Straitsville.....	2,555
Newark.....	31,842
Newburg Hts.....	3,365
Niles.....	17,380
N. Baltimore.....	2,830
N. Canton.....	1,845
N. College Hill.....	1,270
N. Olmstead.....	1,635
Norwalk.....	8,543
Norwood.....	31,295
Oak Harbor.....	2,190
Oak Hill.....	4,005
Oakwood.....	1,700
Oberlin.....	4,900
Orville.....	4,755
Ottawa.....	2,502
Oxford.....	2,485
Painesville.....	4,420
Paulding.....	2,440
Perrysburg.....	2,810
Piqua.....	16,701
Plain City.....	1,535
Plymouth.....	1,585
Pomeroy.....	4,905
Port Clinton.....	1,547
Portsmouth.....	41,200
Ravenna.....	8,360
Reading.....	5,255
Richwood.....	1,850
Ripley.....	1,770
Rittman.....	2,085
Rockwood.....	1,240
Rocky River.....	2,150
Roseville.....	1,560
Sabina.....	1,745
St. Bernard.....	7,307

St. Clairsville.....	1,805
St. Marys.....	6,575
St. Paris.....	1,420
Salem.....	11,575
Salineville.....	3,120
Sandusky.....	25,657
Sanduskyville.....	8,795
Sebring.....	1,100
Shadyside.....	3,570
Shaker Hts.....	1,865
Shawnee.....	2,220
Shelby.....	6,438
Shreve.....	1,470
Sierra.....	10,088
Somerset.....	1,550
S. Charleston.....	1,465
S. Euclid.....	1,855
Spencerville.....	1,785
Springfield.....	73,000
Stuebenville.....	33,420
Struthers.....	3,767
Stryker.....	1,165
Swanton.....	1,440
Sylvania.....	1,415
Tiffin.....	16,260
Tippecanoe City.....	2,805
Toledo.....	313,200
Toronto.....	5,420
Troy.....	8,410
Uhrichsville.....	7,445
Union City.....	1,775
Upper Sandusky.....	4,295
Urbana.....	8,820
Utica.....	1,915
Van Wert.....	9,058
Vermilion.....	1,650
Versailles.....	1,805
Wadsworth.....	5,490
Wapakoneta.....	6,130
Warren.....	36,255
Washington C. H.....	9,220
Wauseon.....	3,510
Waverly.....	1,475
Wellington.....	1,600
Wellston.....	7,740
Wellsville.....	9,920
W. Carrollton.....	1,645
W. Jefferson.....	1,355
W. Liberty.....	1,555
W. Madison.....	1,410
W. Park.....	9,235
Westerville.....	2,870
Wickliffe.....	1,750
Willard.....	4,495
Willoughby.....	3,070
Willington.....	5,835
Woodfield.....	1,980
Wooster.....	9,620
Wyoming.....	2,685
Xenia.....	10,530
Yellow Sprs.....	1,460
Yorkville.....	2,020
Youngstown.....	174,200
Zanesville.....	31,825

## OKLAHOMA 2,426,000

Ada.....	10,300
Altam.....	1,760
Altus.....	1,595
Altus.....	1,595
Alva.....	4,525
Anadarko.....	3,605
Antlers.....	2,125
Armore.....	17,968
Atoka.....	2,355
Barleyleville.....	20,720
Beggs City.....	2,690
Blackwell.....	8,310
Boley.....	1,340
Boynnton.....	1,395
Bristow.....	3,990
Broken Arrow.....	2,420
Broken Bow.....	2,290
Caddo.....	1,635
Cardin.....	3,048
Chandler.....	2,575
Checotah.....	2,870
Chelsea.....	1,955
Cherokee.....	2,380
Chickasha.....	10,940
Claremore.....	3,935
Cleveland.....	3,145
Clinton.....	3,000
Coalgate.....	3,375

Collinsville.....	4,405
Comanche.....	1,640
Commerce.....	2,955
Cordell.....	2,145
Covington.....	1,480
Cowlesburg.....	7,328
Cushing.....	1,860
Davis.....	2,235
Devol.....	2,660
Dewey.....	4,010
Duncan.....	7,480
Drumright.....	7,497
Durant.....	2,840
Edmond.....	3,255
Elk City.....	8,965
El Reno.....	18,370
Enid.....	2,595
Eufaula.....	2,020
Fairview.....	1,565
Fert.....	4,425
Frederick.....	2,300
Guthrie.....	12,349
Guymon.....	1,745
Halleyville.....	2,249
Hartshorne.....	2,540
Haskell.....	6,825
Henryetta.....	3,395
Hobart.....	3,390
Holdenville.....	3,390
Hollis.....	1,955
Hugo.....	7,375
Idabel.....	3,555
Jenks.....	1,750
Kiefer.....	1,910
Kingsfisher.....	2,837
Krebs.....	2,410
Lawton.....	10,030
Lehigh.....	2,195
McAlester.....	12,445
Madill.....	3,145
Mangum.....	3,945
Marietta.....	2,285
Marlow.....	2,630
Miami.....	7,879
Morris City.....	2,255
Muskogee.....	32,000
Newkirk.....	2,930
Norman.....	5,798
Nowata.....	5,135
Oilton.....	2,580
Okemah.....	2,500

## OKLAHOMA CITY

Okemah.....	100,640
Okmulgee.....	26,415
Pauls Valley.....	4,279
Pawhuska.....	7,460
Pawnee.....	3,645
Perry.....	10,269
Piche.....	8,165
Ponca.....	3,090
Poteau.....	2,045
Pryor Creek.....	3,400
Quinton.....	1,585
Ryan.....	2,610
Sallisaw.....	4,720
Sand Springs.....	14,850
Sapulpa.....	1,970
Sayre.....	1,625
Shamrock.....	17,745
Shawnee.....	7,445
Skiatook.....	2,080
Sulger.....	5,448
Stillwater.....	1,340
Stillwell.....	1,570
Stroud.....	4,245
Sulphur.....	2,216
Tahlequah.....	1,645
Tecumseh.....	1,415
Thomas.....	2,165
Tishomingo.....	1,665
Tonkawa.....	170,500
Tulsa.....	5,804
Vinita.....	3,975
Wagoner.....	3,315
Walter.....	1,940
Watonga.....	3,710
Waurika.....	1,735
Waynoka.....	2,230
Weatherford.....	1,838
Weleetka.....	1,160
Wetumka.....	2,540
Wewoka.....	4,450
Wilburton.....	2,540
Woodward.....	4,450
Wynnewood.....	2,544

## WYOMING..... 3,185

## YALE..... 3,005

## OREGON

902,000	Albany.....	5,607
	Astoria.....	4,960
	Astoria.....	17,280
	Baker.....	8,935
	Bandana.....	1,660
	Bend.....	8,265
	Condon.....	1,300
	Coquille.....	1,900
	Corvallis.....	6,650
	Cottage Grove.....	2,660
	Dalles.....	2,205
	Enterprise.....	2,190
	Eugene.....	11,935
	Forest Grove.....	2,215
	Grants Pass.....	3,635
	Heppner.....	1,530
	Hillsboro.....	2,855
	Hood River.....	3,685
	Klamath Falls.....	5,554
	La Grande.....	8,005
	Lebanon.....	2,095
	McMinnville.....	3,208
	Marshfield.....	4,670
	Medford.....	6,660
	Milton.....	2,015
	Newberg.....	2,970
	North Bend.....	3,768
	Ontario.....	2,355
	Oregon City.....	6,580
	Oswego.....	2,105
	Pendleton.....	2,855
	Portland.....	287,450
	Prineville.....	1,330
	Rainier.....	1,490
	Roseburg.....	5,077
	St. Helens.....	2,560

## PENNSYLVANIA

9,854,000	Albion.....	1,790
	Allentown.....	1,320
	Allentown.....	3,355
	Allentown.....	99,400
	Altoona.....	69,100
	Ambler.....	3,582
	Ambridge.....	17,770
	Apollo.....	3,735
	Archbald.....	9,815
	Arnold.....	1,020
	Ashland.....	7,710
	Ashley.....	7,555
	Aspinwall.....	3,660
	Athens.....	5,075
	Austin.....	1,800
	Avoca.....	6,090
	Avoca.....	5,200
	Avonmore.....	1,435
	Bangor.....	6,250
	Barnesboro.....	4,845
	Bath.....	1,615
	Beaver.....	4,785
	Beaver Falls.....	14,765
	Beaver Meadow.....	9,775
	Bedford.....	2,690
	Bellefonte.....	4,630
	Belle Vernon.....	2,075
	Bellvue.....	9,680
	Bethlehem.....	4,038
	Bon Air.....	5,540
	Brentville.....	4,265
	Berlin.....	1,805
	Berwick.....	14,800
	Bessemer.....	1,630
	Bethlehem.....	67,600
	Birdsboro.....	3,810
	Blairsville.....	7,885
	Blakely.....	7,600
	Bloomsburg.....	9,055
	Blossburg.....	2,350
	Boswell.....	2,515
	Boyetown.....	3,680
	Bradford.....	5,758
	Bradford.....	2,255
	Bradford.....	16,410
	Brentwood.....	1,950



# Don't Neglect Your Bowels!



*You Can't Feel Well and Be Well Without a Regular Daily Bowel Movement.*

**Use Doan's Regulets. A Dependable Vegetable Laxative.**

**K**EEP the bowels open! That is the first and universal law of good health. Yet constipation is the one big evil of present-day life and hardly a family but has one or more victims.

Are you one of them? Is constipation undermining your health and keeping you miserable? *Then don't let it continue!*

To enjoy good appetite and good health; to be happy and enthusiastic at work or play; to get the most out of life, you must learn the great lesson of keeping the bowels open so that waste matters are not allowed to accumulate in the system. There should be a regular and complete movement every day. Without it, body excrement, with its germs, bacteria and disease-creating toxins, stays overlong in the bowels and the result is actual poisoning of the blood.

The effect of loading the blood with this filth is quickly apparent. You have headaches, the stomach is distended with gas, the breath smells bad, the tongue is coated, you feel dull, drowsy and depressed. Your appetite is poor, you sleep badly and wake up feeling bilious and unrested.

Use *Doan's Regulets*. They soften the clogging masses and act without griping or distress. Take one or two *Regulets* at night and you may expect an easy, pleasant movement in the morning.

When two *Regulets* do not act sufficiently use three for one dose, then reduce to one or two as occasion may require. Many laxatives irritate the kidneys. *Regulets* do not irritate the kidneys and do act in perfect harmony with *Doan's Pills*. At all drug and general stores, 30c a box.

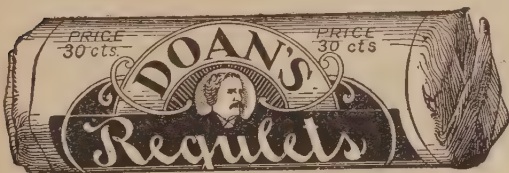
## Regulets Act Mildly and Without Distress Distressed After Eating Had Bilious Headaches

**R**. E. HECKERT, 463 W. Main St., Spencer, W. Virginia, says: "My bowels weren't normal and my food didn't digest properly. I felt bloated after eating as if my food had formed into a lump. *Doan's Regulets* corrected these conditions and my appetite improved. I think *Regulets* are fine and I am never without them."

**M**RS. Charles Mahaffey, 316 Patten St., Marion, Ohio, says: "I suffered from constipation and indigestion. My stomach was disordered, I had bilious headaches and my bowels moved irregularly. *Doan's Regulets* rid me of all signs of constipation, making me feel better in every way. I consider *Regulets* an excellent laxative."

## Bowels Were Irregular

**M**RS. JOHN SHONK, 36 W. Buffalo, St., Warsaw, N. Y., says: "For some time I suffered from constipation. After each meal I became distressed. For long periods I didn't have regular action of the bowels. *Doan's Regulets* fixed me up fine. I have never used a laxative as mild and effective as *Doan's Regulets*."



Reproduction of package—actual size

# DOAN'S 1930 DIRECTORY—Pennsylvania, Rhode Island

PENNSYLVANIA—Con.	Emlenon..... 1,175	Ligonier..... 2,100	Oakdale..... 1,865	State College..... 2,780
Bridgeport..... 5,415	Emporium..... 3,520	Lilly..... 2,705	Oakmont..... 5,215	Steelton..... 13,831
Bridgeville..... 3,575	Emsworth..... 2,605	Littletown..... 1,795	Oil City..... 24,320	Stoneboro..... 1,620
Bridgewater..... 1,350	Ephrata..... 4,326	Litzitz..... 4,265	Old Forge..... 13,332	Stroudsburg..... 6,105
Bristol..... 13,430	Erie..... 17,445	Lock Haven..... 9,450	Olyphant..... 11,735	Sugar Notch..... 3,020
Brookwayville..... 2,765	Etna..... 7,345	Luzerne..... 3,315	Oswegiesburg..... 2,295	Summerville..... 1,400
Brookville..... 3,783	Evangelburg..... 1,790	Lykens..... 5,600	Ossada..... 2,910	Summit Hill..... 6,371
Brownstown..... 1,730	Everett..... 2,945	McAdoo..... 5,410	Overbrook..... 2,525	Sunbury..... 17,590
Brynsville..... 2,395	Everson..... 2,295	McDonald..... 3,185	Oxford..... 2,430	Susquehanna..... 4,355
Burgestown..... 2,300	Exeter..... 4,330	McKees Rocks..... 18,895	Palmyra..... 4,210	Swarthmore..... 2,710
Burnham..... 3,205	Export..... 3,005	McKeesport..... 50,400	Palo Alto..... 1,925	Swissvale..... 13,255
Buller..... 26,375	Fairchance..... 2,464	McSherrystown..... 2,085	Palmerston..... 8,390	Swoyersville..... 9,955
California..... 2,870	Falk Creek..... 1,575	Mahanoy City..... 16,300	Parkbrook..... 2,990	Sykesville..... 2,900
Cambridge Springs..... 1,920	Farmington..... 19,500	Manheim..... 3,140	Parkersburg..... 2,945	Tamaqua..... 14,641
Camp Hill..... 1,895	Fayette City..... 2,670	Manor..... 1,235	Paranassus..... 4,430	Tarentum..... 10,210
Canonsburg..... 14,100	Ferdale..... 1,070	Manstield..... 1,860	Parsons..... 6,520	Taylor..... 10,875
Canton..... 2,495	Fleetwood..... 1,910	Marcus Hook..... 6,160	Patterson..... 4,205	Throop..... 7,725
Carbondale..... 20,430	Flemington..... 1,315	Marianna..... 2,005	Pen Argyl..... 4,745	Tidwell..... 1,220
Carlisle..... 11,959	Ford City..... 6,490	Marietta..... 2,005	Penbrook..... 1,620	Titusville..... 8,935
Carnegie..... 12,930	Forty Fort..... 3,955	Marion Heights..... 2,170	Pennsburg..... 1,620	Topton..... 1,340
Carleton..... 13,275	Fountain Hill..... 2,755	Mars..... 1,415	Perkasie..... 3,635	Towanda..... 4,935
Carrolltown..... 1,580	Frackville..... 6,370	Marysville..... 2,175	Philadelphia..... 2,064,200	Tower City..... 2,930
Catsaqua..... 5,460	Franklin (borough)..... 3,045	Matamoras..... 2,775	Phillipsburg..... 4,515	Trafford..... 3,305
Catawissa..... 2,335	Franklin (city)..... 10,385	Mauch Chunk..... 4,245	Phoenixville..... 10,160	Trainer..... 1,890
Centerville..... 5,545	Frederon..... 4,000	Mayfield..... 4,435	Pine Grove..... 2,055	Freemont..... 2,755
Centerville..... 2,700	Freeland..... 7,715	Meadville..... 16,280	Pittsboro..... 2,120	Troy..... 1,635
Chambersburg..... 13,575	Freepoint..... 3,110	Mechanicsburg..... 5,425	Pittsburgh..... 673,800	Tunkhannock..... 2,005
Charleroi..... 13,160	Galeton..... 3,530	Media..... 4,760	Pittston..... 20,655	Turtle Creek..... 10,175
Chester..... 74,200	Gallitzin..... 4,142	Merckersburg..... 1,920	Plymouth..... 16,995	Tyone..... 10,620
Chleston..... 15,540	Gettysburg..... 4,365	Mercersville..... 4,305	Point Marion..... 1,350	Union City..... 4,455
Clarion..... 3,185	Gilberton..... 4,017	Middletown..... 6,860	Polk..... 3,095	Uniontown..... 17,327
Clearfield..... 9,880	Girard..... 1,435	Midland..... 6,320	Port Clinton..... 2,940	Upper Merion..... 1,220
Clifton Hts..... 4,017	Glassport..... 8,060	Mifflinburg..... 2,015	Port Vue..... 2,600	Vanderbilt..... 1,365
Clymer..... 3,315	Glen Campbell..... 1,215	Millburg..... 3,390	Port Allegany..... 2,715	Vandergrift..... 11,200
Coaldale..... 7,335	Glenfield..... 2,500	Mill Hall..... 1,430	Pt. Carbon..... 3,320	Verona..... 4,565
Coalport..... 1,240	Greencastle..... 2,620	Milvane..... 8,599	Pottsville..... 19,305	Versailles..... 2,265
Cokeville..... 17,205	Greensburg..... 16,663	Milton..... 9,750	Pottsville..... 23,840	Vintondale..... 2,385
Cokeburg..... 1,953	Greentree..... 1,200	Miners Mills..... 5,055	Proctor Pk..... 2,120	Wall..... 2,255
Columbia Hill..... 3,470	Greenville..... 9,670	Minersville..... 1,905	Punkstutawney..... 11,518	Walpole..... 2,110
Collingdale..... 4,440	Grove City..... 5,725	Monaca..... 4,485	Quakertown..... 5,085	Warren..... 15,899
Columbia..... 11,161	Haltersville..... 2,500	Monaca..... 4,485	Rankin..... 8,460	Warrior Run..... 1,600
Colwyn..... 2,150	Hamburg..... 3,195	Monaca..... 4,485	Reading..... 115,400	Washington..... 24,055
Connellsville..... 14,995	Hanover..... 9,975	Monaca..... 4,485	Red Lion..... 3,700	Watertown..... 2,490
Conshohocken..... 9,490	Harrisburg..... 86,900	Monaca..... 4,485	Reynoldsville..... 2,760	Waynesboro..... 11,540
Copeland..... 2,550	Hastings..... 2,655	Monaca..... 4,485	Ridley Pk..... 2,070	Waynesburg..... 3,355
Coplay..... 3,285	Hatboro..... 1,270	Monaca..... 4,485	Rimersburg..... 1,210	Weatherly..... 2,718
Cornopolis..... 7,130	Hawley..... 2,230	Monaca..... 4,485	Roaring Sprs..... 2,738	Wellsboro..... 4,005
Corry..... 8,873	Hazleton..... 38,300	Monaca..... 4,485	Robesonia..... 1,395	Wesleyville..... 1,680
Coudersport..... 3,275	Heidelberg..... 2,429	Monaca..... 4,485	Rockwood..... 5,575	West Chester..... 12,068
Crafton..... 6,895	Hellertown..... 3,485	Monaca..... 4,485	Royalton..... 1,340	W. Conshohocken..... 2,690
Crawfordsburg..... 2,510	Higginville..... 2,345	Monaca..... 4,485	Royersford..... 3,705	W. Easton..... 1,620
Crescenta..... 9,005	Hollidaysburg..... 4,620	Monaca..... 4,485	St. Clair..... 7,520	W. Fairview..... 2,095
Curwensville..... 3,380	Homer City..... 2,095	Monaca..... 4,485	St. Marys..... 8,075	W. Grove..... 1,335
Dale..... 3,605	Homestead..... 22,110	Monaca..... 4,485	Salt Lake..... 1,165	W. Hazleton..... 6,830
Dallastown..... 2,460	Honesdale..... 3,195	Monaca..... 4,485	Saxton..... 1,350	W. Homestead..... 3,975
Danville..... 8,110	Houtzdale..... 1,740	Monaca..... 4,485	Sayre..... 9,385	W. Middlesex..... 1,620
Darby..... 9,175	Hughesville..... 1,820	Monaca..... 4,485	Scalp Level..... 1,950	W. Newton..... 2,955
Denver..... 1,290	Hummelsburg..... 3,065	Monaca..... 4,485	Schuylkill Haven..... 6,290	W. Pittston..... 8,060
Derry..... 3,340	Huntingdon..... 1,369	Monaca..... 4,485	Scranton..... 144,700	W. Reading..... 3,375
Dickson City..... 12,570	Hyndman..... 1,369	Monaca..... 4,485	Seaside..... 6,685	W. Wyoming..... 2,240
Donora..... 17,880	Indiana..... 8,140	Monaca..... 4,485	Sellersville..... 2,010	W. York..... 3,341
Dormont..... 7,470	Ingram..... 3,355	Monaca..... 4,485	Sewickley..... 5,735	Westfield..... 1,510
Dorranceton..... 7,333	Irwin..... 1,340	Monaca..... 4,485	Shamokin..... 22,735	Westview..... 3,238
Downingtown..... 4,640	Irwinville..... 3,745	Monaca..... 4,485	Sharon..... 26,080	Wheatland..... 2,010
Doylestown..... 1,440	Jennett..... 12,240	Monaca..... 4,485	Sharon Hill..... 2,050	Whitaker..... 2,180
Dravosburg..... 2,545	Jenkintown..... 3,800	Monaca..... 4,485	Sharpsville..... 5,411	White Haven..... 1,615
DuBois..... 14,920	Jermyn..... 3,845	Monaca..... 4,485	Shenandoah..... 26,758	Wilkes-Barre..... 91,900
Dunbar..... 1,850	Jersey Shore..... 6,065	Monaca..... 4,485	Shickshinny..... 2,650	Uniontown..... 28,635
Duncannon..... 1,943	Johnsonburg..... 6,250	Monaca..... 4,485	Shillington..... 2,515	Williamsburg..... 2,900
Duquesne..... 1,435	Johnstown..... 73,700	Monaca..... 4,485	Shinglehouse..... 1,355	Williamstown..... 44,000
Dunmore..... 2,240	Junata..... 8,835	Monaca..... 4,485	Sinking Spring..... 5,690	Wilmerding..... 7,455
Dupont..... 5,290	Kane..... 8,835	Monaca..... 4,485	Slatington..... 4,640	Wilson..... 3,745
Duquesne..... 21,813	Kennett Sq..... 2,765	Monaca..... 4,485	Somerset..... 3,605	Windber..... 10,750
Duryea..... 9,010	Kingsport..... 18,752	Monaca..... 4,485	Souderton..... 3,603	Yonkers..... 8,200
E. Brady..... 1,770	Kittanning..... 8,280	Monaca..... 4,485	St. Albans..... 2,950	Youngsville..... 1,515
E. Conemaugh..... 6,082	Knoxville..... 8,330	Monaca..... 4,485	St. Brownsville..... 2,540	Youngwood..... 2,631
E. Greenville..... 1,570	Kutztown..... 5,435	Monaca..... 4,485	St. Charles..... 4,910	Zellenople..... 2,165
E. Lansdowne..... 1,800	Lancaster..... 58,300	Monaca..... 4,485	St. Clair..... 1,465	
E. McKeesport..... 2,815	Lansdale..... 5,475	Monaca..... 4,485	St. Clairton..... 1,465	
E. Mauch Chunk..... 4,475	Lansdowne..... 5,550	Monaca..... 4,485	St. East..... 4,030	
E. Pittsburgh..... 7,565	Larksville..... 10,070	Monaca..... 4,485	St. John's..... 2,355	
E. Stroudsburg..... 3,230	Lebanon..... 26,350	Monaca..... 4,485	St. Joseph..... 1,025	
E. Vandergrift..... 2,270	Lechburg..... 4,535	Monaca..... 4,485	St. Northampton..... 10,225	
E. Washington..... 1,805	Leetsdale..... 2,675	Monaca..... 4,485	St. Heights..... 4,390	
Easton..... 38,400	Leighton..... 7,065	Monaca..... 4,485	St. Northumberland..... 4,505	
Edensburg..... 2,520	Lemoyne..... 2,240	Monaca..... 4,485	St. Norwood..... 2,720	
Eddystone..... 3,075	Lewistown..... 11,174	Monaca..... 4,485		
Edgewood..... 3,680				
Edgeworth..... 3,585				
Edwardsville..... 9,880				
Elizabeth..... 3,125				
Elizabethtown..... 3,830				
Elkland..... 1,970				
Elkton..... 3,270				
Elkwood City..... 11,983				
Emaus..... 5,060				

## RHODE ISLAND

(T) Means population of Rhode Island
Barrington (T)..... 5,235
Bristol (T)..... 13,480
Burrillville (T)..... 9,985
Central Falls..... 26,650
Coventry (T)..... 7,765



# For That Tormenting Itching

## DOAN'S OINTMENT

"—a friend in need"

For Itching of the Skin.  
For Itching Piles and the  
Itching of Eczema.



NO family medicine cabinet is complete without a box of *Doan's Ointment*. For cuts, scratches, itching skin and skin eruptions it is invaluable. In itching skin diseases particularly, it has a remarkably quick and soothing effect and is especially recommended for the itching of piles and eczema. The first application of *Doan's Ointment* is often sufficient to stop the itching and, as use is continued, the heat and inflammation usually disappears and the skin becomes clear and healthy. Users tell of remarkable results in cases of itching piles and the itching of eczema where other remedies have failed. In the itching of salt rheum, herpes, tetter, itch, hives, scabies, insect bites and rashes, *Doan's Ointment* has been wonderfully successful.

It is a useful aid to the toilet, especially for pimples and similar troubles. It doesn't harm the most delicate skin and is used in many families with marked success for children's skin troubles. For cuts, split skin and ordinary skin eruptions it is an ideal household remedy. It is made from only the best and highest grade of ingredients and possesses both soothing and healing properties. *Doan's Ointment* acts quickly and is, therefore, economical. Satisfied users are its best recommendation. At all dealers, 60c a box.

## A Handy and Dependable Remedy for Sores, Cuts, Pimples and Skin Abrasions

### Fine for Itching Piles

**A**ARON DAVIS, 15 Elton St., Torrington, Conn., says: "I suffered severely from piles. The constant itching kept me awake nights and tormented me during the day. Being aggravated so much this way kept me feeling pretty miserable. Nothing helped me until I used *Doan's Ointment*, which soon relieved me in good style. I have used it since for cuts, sores and other skin irritations and have found nothing that could equal it."

### Eczema Disappeared

**M**RS. J. R. SMITH, 107 Ledbetter St., Rockingham, N. C., says: "I had eczema for years. My hands broke out and itched terribly and the flesh was raw, burning and sore from scratching. My flesh burned as though acid had been poured on it. *Doan's Ointment* gave me the first relief after a few applications. I continued and my skin got clear and healthy. I now keep *Doan's Ointment* in the house for general use. Whenever I notice any skin irritation, a few applications give relief."



# DOAN'S 1930 DIRECTORY—Rhode Island, S. Carolina, S. Dakota, Tenn., Tex., Utah

**RHODE ISLAND—Con.**  
 Cranston.....37,500  
 Cumberland (T).....10,860  
 E. Greenwich (T).....4,400  
 E. Providence.....27,675  
 Johnston (T).....1,730  
 Lincoln (T).....11,220  
 Newport.....27,757  
 N. Kingstown (T).....4,065  
 N. Providence.....9,605  
 N. Smithfield (T).....3,785  
 Pawtucket.....73,100  
 Portsmouth (T).....22,965

**PROVIDENCE**  
 286,300  
 Slatute (T).....3,550  
 Smithfield (T).....4,185  
 S. Kingstown (T).....6,450  
 Tiverton (T).....4,815  
 Warren (T).....1,480  
 Warwick (T).....19,385  
 West Warwick (T).....19,320  
 Westerly.....11,855  
 Woonsocket.....53,400

## S. CAROLINA

1,864,000  
 Abbeville.....5,295  
 Aiken.....4,750  
 Allendale.....2,190  
 Anderson.....11,900  
 Andrews.....2,270  
 Bamberg.....2,555  
 Barnwell.....2,200  
 Batesburg.....3,295  
 Beaufort.....3,275  
 Beeton.....3,655  
 Bennettsville.....3,690  
 Bishopville.....2,425  
 Blacksburg.....1,750  
 Blackville.....1,635  
 Branchville.....2,100  
 Branchland.....2,985  
 Camden.....5,550  
 Charleston.....75,900  
 Cheraw.....3,635  
 Chester.....6,430  
 Clinton.....4,370  
 Clover.....1,860  
**COLUMBIA**.....50,600  
 Conway.....2,270  
 Cowpens.....1,480  
 Darlington.....5,405  
 Denmark.....1,450  
 Dillon.....2,550  
 Easley.....225  
 Eau Claire.....2,970  
 Edgefield.....2,155  
 Estill.....1,605  
 Florence.....13,780  
 Fort Mill.....2,245  
 Fountain Inn.....2,730  
 Gaffney.....2,720  
 Georgetown.....5,305  
 Greenville.....28,551  
 Greenwood.....10,260  
 Greer.....2,650  
 Hartsville.....4,190  
 Honea Path.....2,200  
 Johnston.....1,160  
 Jonesville.....1,400  
 Kingstree.....2,395  
 Lake City.....1,855  
 Lancaster.....4,500  
 Laurens.....3,360  
 Leesville.....1,410  
 Liberty.....1,970  
 McColl.....2,465  
 McCormick.....1,480  
 Manning.....2,335  
 Marion.....4,000  
 Mt. Pleasant.....1,820  
 Mullins.....2,745  
 Newberry.....6,830  
 N. Augusta.....2,010  
 Orangeburg.....8,440  
 Pendleton.....10,130  
 Rock Hill.....10,100  
 St. George.....1,300  
 St. Matthews.....2,055

Saluda.....1,395  
 Seneca.....1,685  
 Spartansburg.....26,695  
 Summerville.....2,955  
 Sumter.....10,720  
 Timmonsville.....2,150  
 Union.....1,110  
 Varnville.....1,345  
 Wallhalla.....2,390  
 Walterboro.....2,145  
 Westminster.....2,135  
 Westminster.....1,355  
 Williamston.....2,680  
 Winnsboro.....2,110  
 Woodruff.....2,770  
 Yorkville.....3,180

## SOUTH DAKOTA

704,000  
 Aberdeen.....15,950  
 Belle Fourche.....1,320  
 Beresford.....1,595  
 Brookings.....4,890  
 Canton.....2,715  
 Chamberlain.....1,610  
 Croton.....1,175  
 Deadwood.....2,580  
 Dell Rapids.....1,675  
 Edgemont.....1,155  
 Elk Point.....1,400  
 Flandreau.....1,965  
 Gregory.....1,320  
 Groton.....1,175  
 Highmore.....1,295  
 Hot Springs.....2,595  
 Howard.....1,190  
 Huron.....10,825  
 Lead.....7,225  
 Lead.....2,992  
 Madison.....4,650  
 Milbank.....2,590  
 Miller.....1,620  
 Mitchell.....10,732  
 Mobridge.....2,630  
 Vermillion.....1,900  
**PIERRE**.....7,775  
 Platte.....1,470  
 Rapid City.....7,915  
 Redfield.....2,915  
 Salem.....1,170  
 Sioux Falls.....31,960  
 Sisseton.....1,565  
 Spearfish.....1,430  
 Sturgis.....1,535  
 Tyndall.....1,450  
 Winner.....3,615  
 Wagner.....1,275  
 Watertown.....10,950  
 Webster.....1,785  
 Wessington Sprs.....1,505  
 Winner.....2,335  
 Woonsocket.....1,275  
 Yankton.....5,840

## TENNESSEE

2,502,000  
 Alcoa.....3,890  
 Alton Park.....5,020  
 Athens.....2,985  
 Bristol.....8,975  
 Brownsville.....3,545  
 Chattanooga.....73,500  
 Clarksville.....8,605  
 Cleveland.....7,550  
 Clinton.....1,625  
 Columbia.....6,395  
 Cookeville.....2,775  
 Covington.....3,950  
 Dayton.....1,970  
 Dayton.....2,925  
 Dandridge.....6,685  
 Dyer.....1,445  
 Dyersburg.....7,460  
 E. Chattanooga.....5,470  
 Elizabethton.....3,185  
 Englewood.....1,465  
 Erwin.....2,909  
 Etowah.....2,909  
 Fayetteville.....4,200  
 Franklin.....3,615  
 Gallatin.....3,193  
 Greeneville.....4,365  
 Greeneville.....1,715  
 Halls.....1,715  
 Harriman.....4,655  
 Henderson.....1,370

Humboldt.....4,532  
 Huntington.....1,295  
 Jackson.....21,030  
 Jefferson City.....1,630  
 Jellico.....2,175  
 Johnson City.....15,020  
 Kingsport.....6,590  
 Knoxville.....105,400  
 La Follette.....3,540  
 Lawrenceburg.....2,853  
 Lebanon.....4,270  
 Jellico.....8,866  
 Lewisburg.....3,140  
 Lexington.....2,075  
 Livingston.....1,410  
 McKenzie.....1,885  
 McMinnville.....3,254  
 Manchester.....3,280  
 Martin.....4,335  
 Maryville.....190,200  
 Memphis.....2,380  
 Milan.....1,665  
 Monterey.....2,380  
 Morristown.....2,430  
 Mt. Pleasant.....6,215  
 Murfreesboro.....139,600  
 Newbern.....2,045  
 Newport.....3,190  
 N. Chattanooga.....2,540  
 Oakdale.....1,915  
 Obion.....1,590  
 Paris.....5,479  
 Ripley.....3,215  
 Pulaski.....2,355  
 Rockwell.....5,385  
 Rockwell.....1,115  
 S. Elmo.....1,501  
 Shelbyville.....3,370  
 Somerville.....1,260  
 S. Fulton.....1,910  
 S. Pittsburg.....2,720  
 Sparta.....1,760  
 Spaulding.....2,655  
 Sweetwater.....2,275  
 Tellico Plains.....1,415  
 Tracy City.....3,084  
 Trenton.....3,185  
 Tullahoma.....4,025  
 Union City.....5,080  
 Winchester.....2,550

## TEXAS

5,487,000  
 Abilene.....10,928  
 Alice.....2,175  
 Alvarado.....4,850  
 Alvin.....1,760  
 Alvord.....1,585  
 Amarillo.....39,200  
 Anson.....1,640  
 Aransas Pass.....1,810  
 Arlington.....3,510  
 Athens.....3,665  
 Atlanta.....1,690  
**AUSTIN**.....45,133  
 Baird.....2,200  
 Balinger.....3,208  
 Balmorhea.....2,840  
 Bastrop.....2,115  
 Bay City.....4,003  
 Beaumont.....56,300  
 Beeville.....3,548  
 Belton.....5,880  
 Bell Spring.....4,945  
 Bonham.....3,957  
 Bowie.....3,680  
 Brady.....2,545  
 Brenham.....5,865  
 Bridgeport.....2,170  
 Brownsville.....13,081  
 Brownwood.....9,340  
 Bryan.....9,042  
 Burk Burnett.....6,140  
 Caldwell.....1,950  
 Calvert.....2,435  
 Cameron.....4,870  
 Canadian.....2,533  
 Canyon.....2,470  
 Carthage.....1,575  
 Cella.....1,300  
 Center.....2,130  
 Childress.....5,798  
 Chillicothe.....1,560  
 Clarendon.....5,895  
 Clarksville.....2,470  
 Clarksville.....3,920  
 Cleburne.....14,806

Clifton.....1,535  
 Coleman.....3,315  
 Colorado.....2,040  
 Comanche.....3,063  
 Commerce.....4,440  
 Conroe.....2,150  
 Cooper.....2,960  
 Corpus Christi.....12,360  
 Corsicana.....12,830  
 Crockett.....3,565  
 Crockett.....3,565  
 Cuero.....4,248  
 Dalhart.....3,090  
 Dallas.....217,800  
 Decatur.....2,550  
 De Leon.....3,698  
 Del Rio.....10,966  
 Denison.....19,873  
 Denton.....8,837  
 Desdemona.....3,485  
 Dublin.....3,730  
 Eagle Lake.....2,330  
 Eagle Pass.....4,635  
 Elgin.....14,225  
 El Campo.....2,030  
 El Paso.....117,800  
 Elgin.....1,885  
 Ennis.....8,370  
 Farmersville.....2,508  
 Fannin.....1,635  
 Floresville.....2,760  
 Forney.....1,555  
 Fort Worth.....170,600  
 Freeport.....2,080  
 Gainesville.....9,675  
 Galveston.....50,600  
 Garrettsville.....2,655  
 Gatesville.....2,890  
 Georgetown.....3,320  
 Gilmer.....2,625  
 Goldthwaite.....1,405  
 Gonzales.....3,620  
 Gorman.....2,655  
 Graham.....2,945  
 Granbury.....1,575  
 Grand Saline.....1,770  
 Granger.....2,220  
 Greenville.....15,038  
 Groesbeck.....1,765  
 Groesbeck.....2,470  
 Hallettsville.....1,665  
 Hamilton.....2,330  
 Hamlin.....1,885  
 Harlingen.....2,060  
 Haskell.....2,660  
 Haskell.....3,173  
 Henderson.....6,630  
 Henrietta.....2,965  
 Hereford.....1,955  
 Hico.....1,895  
 Highland Park.....2,680  
 Hillsboro.....8,960  
 Honey Grove.....3,050  
 Houston.....153,590  
 Hubbard.....2,395  
 Huntsville.....5,428  
 Iowa Park.....2,358  
 Italy.....1,560  
 Jacksonville.....1,550  
 Jacksonville.....5,585  
 Jacksonville.....4,310  
 Jefferson.....2,950  
 Kaufman.....2,895  
 Kenedy.....2,325  
 Keokuk.....2,720  
 Killeen.....3,945  
 Ladonia.....1,970  
 La Grange.....1,930  
 Lampasas.....2,445  
 Lancaster.....1,385  
 Laredo.....28,490  
 Laredo.....1,905  
 Leakey.....3,330  
 Lockhart.....3,330  
 Longview.....6,615  
 Lott.....1,260  
 Lubbock.....5,275  
 Lufkin.....5,647  
 Luling.....1,735  
 Macula Park.....4,730  
 Marfa.....4,497  
 Marlin.....4,975  
 Marshall.....16,590  
 Mart.....3,595  
 McAllen.....6,060  
 McGregor.....2,410  
 McHenry.....2,410  
 Memphis.....3,275  
 Mercedes.....3,955

Merkel.....2,100  
 Mexia.....2,025  
 Midland.....2,180  
 Mineola.....2,655  
 Mineral Wells.....9,140  
 Mission.....4,449  
 Mount Pleasant.....4,745  
 Nagodoches.....4,110  
 Navasota.....5,690  
 New Braunfels.....4,145  
 Nocona.....1,640  
 Olney.....1,355  
 Orange.....11,581  
 Paducah.....1,565  
 Palacios.....1,540  
 Palestine.....11,920  
 Paris.....18,065  
 Pearsall.....2,500  
 Pecos.....1,665  
 Pilot Point.....1,735  
 Pittsburg.....2,935  
 Plainview.....5,110  
 Plano.....1,985  
 Port Arthur.....32,942  
 Port Lavaca.....1,405  
 Quanah.....4,270  
 Ranger.....16,685  
 Richmond.....1,470  
 Rockdale.....2,680  
 Rockport.....1,785  
 Rockwall.....1,600  
 Rogers.....1,450  
 Rosebud.....1,755  
 Rosenberg.....1,475  
 Rose City.....1,490  
 Rusk.....2,710  
 Sabin.....1,680  
 San Angelo.....16,395  
 San Benito.....5,810  
 Santa Anna.....1,620  
 San Antonio.....218,100  
 San Augustine.....1,475  
 San Marcos.....5,235  
 San Saba.....2,320  
 Schulenburg.....1,440  
 Seguin.....4,205  
 Seymour.....2,460  
 Seymour.....17,290  
 Shiner.....1,610  
 Slaton.....1,755  
 Smithville.....3,708  
 Snyder.....2,525  
 Somerville.....2,175  
 Sour Lake.....3,530  
 Stanford.....4,285  
 Stephenville.....4,495  
 Strawn.....2,850  
 Sulphur Sprs.....6,430  
 Sweetwater.....4,985  
 Taylor.....6,915  
 Temple.....3,890  
 Temple.....11,555  
 Terrell.....9,405  
 Texarkana.....12,990  
 Tipton.....1,765  
 Troupe.....1,455  
 Tyler.....13,726  
 Uvalde.....4,285  
 Van Alstyne.....1,840  
 Vernon.....5,950  
 Victoria.....6,905  
 Waco.....46,600  
 Walnut Springs.....1,645  
 Waxahachie.....9,227  
 Weatherford.....7,110  
 Weimar.....1,355  
 Wellington.....2,270  
 West.....1,885  
 Wharton.....2,695  
 Whitesboro.....2,100  
 Whitelight.....1,925  
 Wichita Falls.....41,990  
 Wills Point.....2,100  
 Winsboro.....2,525  
 Winters.....1,750  
 Wolfe City.....2,150  
 Yoakum.....7,155  
 Yorktown.....1,990

## UTAH

531,000  
 American Fork.....3,245  
 Beaver.....2,115  
 Bingham Canyon.....3,090  
 Bountiful.....2,384  
 Brigham.....6,115



# Don't Neglect a Sore Throat or Cold on the Chest

—Use—

## Dr. Thomas' Eclectic Oil

For Coughs, Colds, Cuts, Sprains,  
Bruises, Burns..



**Used by Two Generations** *Dr. Thomas' Eclectic Oil* has been a household remedy for two generations. It is useful in so many ways that it has become a fixture in family medicine chests all over North America.

**For Common Sore Throat** Taken internally and as a gargle, *Dr. Thomas' Eclectic Oil* is widely used for common sore throat. If used at night, the soreness is often relieved by morning.

**Earache and Neuralgia** *Dr. Thomas' Eclectic Oil* is often useful for earache. Pains of simple neuralgia frequently yield to its application. Applied to an aching tooth it often gives welcome relief.

**Coughs due to Colds** Applied to the neck and chest, and taken internally, at the first appearance of cold on the chest or coughs, due to colds, *Dr. Thomas' Eclectic Oil* has many advocates.

**For Superficial Cuts, Burns, Bruises and Minor Sprains** *Dr. Thomas' Eclectic Oil* relieves the pain of a superficial cut, bruise, burn or scald, and the inflammation and swelling of a minor sprain.

**For Stiff Muscles** Soreness or lameness so often brought on by hard work, or a strain, is usually quickly relieved by rubbing the sore spots with *Dr. Thomas' Eclectic Oil*. For sale at all drug and general stores, 30c and 60c a bottle.

## A Family Liniment for Two Generations

### "Best I Ever Used"

*Thomas Sharpe, 69 Easton St., Depew, N. Y.,* says: "I haven't been without *Dr. Thomas' Eclectic Oil* for years. We have given it to our children for colds and it has brought fine results. *Eclectic Oil* is a quick relief for soreness and pain and is the best remedy of its kind I have ever used."

### Handy in Home

*O. E. Taft, contractor, 1239 E. 23rd St., Des Moines, Iowa,* says: "I first used *Dr. Thomas' Eclectic Oil* when I sprained my wrist and it soon took away the soreness.

"Since then I have used it for bruises and have never found anything quite so effective. *Dr. Thomas' Eclectic Oil* should have a place on every household medicine shelf. It is really fine."

### Eases the Pain Quickly

*W. J. Chant, 422 East St., Woodstock, Ill.,* says: "*Dr. Thomas' Eclectic Oil* did good work for me. I have used it as a gargle, and for colds and coughs. It can't be beat for this purpose. It is a fine household remedy for bruises, cuts and burns, easing the pain quickly. I gladly recommend it."



# DOAN'S 1930 DIRECTORY—Utah, Vermont, Virginia, Wash., W. Va., Wis., Wyo.

## UTAH—Con.

Cedar.....	2,855
Ephraim.....	2,645
Eureka.....	4,170
Fairview.....	1,640
Farmington.....	1,355
Fillmore.....	1,725
Grantsville.....	1,405
Hidvale.....	2,240
Huntington.....	1,480
Hyrum.....	2,255
Lehi.....	3,563
Lewiston.....	1,905
Logan.....	10,955
Manti.....	2,755
Midvale.....	1,855
Monroe.....	1,985
Monrovi.....	1,565
Mo. Pleasant.....	2,790
Murray.....	6,272
Neph. ....	3,010
Ogden.....	39,100
Panguitch.....	1,700
Park City.....	3,930
Parowan.....	1,920
Payson.....	3,512
Pleasant Grove.....	1,940
Price.....	2,730
Providence.....	3,315
Provo.....	11,690
Ricefield.....	3,774
Richmond.....	1,610
St. George.....	2,559
Salina.....	1,575

## SALT LAKE CITY

Sandy.....	138,000
Smithfield.....	1,400
Spanish Fork.....	2,800
Spring City.....	4,655
Springville.....	1,270
Sunnyvale.....	3,486
Sunnyside.....	2,395
Tooele.....	4,165
Vernal.....	1,515
Wellsville.....	1,490

## VERMONT

362,985

(T) Means population of whole town.

Barre.....	10,308
Barton.....	1,380
Bellows Falls.....	5,625
Bennington (T).....	11,220
Brandon.....	1,890
Battleboro.....	9,227
Bristol.....	1,445
Burlington.....	25,085
Enosburg Falls.....	1,430
Essex Jct.....	1,625
Fair Haven.....	2,927
Graniteville.....	1,260
Hardwick.....	1,795
Island Pond.....	2,125
Ludlow.....	2,000
Lyndonville.....	2,175
Middlebury.....	2,300

## MONTEPILIER

Morrisville . . .	2,045
Newport . . . . .	5,770
Northfield . . . .	2,215
Orleans . . . . .	1,570
Poultney . . . . .	1,585
Proctor . . . . .	3,110

Springfield.....	6,120
Swanton.....	1,585
Vergennes.....	1,860
Waterbury.....	1,755
Windsor.....	3,550
Winchendon.....	5,711
Woodstock.....	1,445

## VIRGINIA

2,575,000

Abingdon.....	2,930
Alexandria.....	19,311
Alta Vista.....	1,400
Apalachia.....	2,245

Ashland.....	1,505
Basic City.....	2,770
Bedford.....	3,768
Berryville.....	1,320
Big Stone Gap.....	3,453
Blacksburg.....	1,260
Blacksstone.....	1,735
Bristol.....	7,790
Buena Vista.....	4,530
Cape Charles.....	2,915
Charlottesville.....	11,720
Chase City.....	1,905
Chatham.....	1,355
Chincoteague.....	1,635
Christiansburg.....	1,900
Clifton Forge.....	7,135
Covington.....	6,515
Crewe.....	2,440
Culpeper.....	2,110
Damascus.....	1,850
Danville.....	23,895
Dendron.....	2,075
Emporia.....	2,165
Falls Church.....	1,920
Farmville.....	2,992
Franklin.....	2,730
Fredericksburg.....	7,495
Fries.....	2,345
Front Royal.....	1,620
Galax.....	1,445
Graham.....	3,185
Hampton.....	7,110
Hansonburg.....	1,710
Hopewell.....	1,765
Kecoughton.....	1,390
Lawrenceville.....	1,660
Leesburg.....	1,785
Lexington.....	3,320
Lynch.....	1,595
Lyonsburg.....	35,000
Manassas.....	1,515
Marion.....	3,755
Martinsville.....	4,720
Newport News.....	53,300
Norfolk.....	184,200
Noroton.....	3,555
Onancock.....	2,240
Orange.....	1,240
Petersburg.....	37,800
Phoebeus.....	3,527
Pocahontas.....	2,995
Poquosmouth.....	61,600
Portsmouth.....	1,240
Radford.....	5,555

## RICHMOND

Salem	4,815
Saltville	2,595
Shenandoah	2,195
Smithfield	1,380
South Boston	5,025
S. Norfolk	8,940
Staunton	11,110
Suffolk	10,468
Tazewell	1,455
Victoria	1,665
Winton	3,220
Warrenton	1,785
Waverly	1,510
Waynesboro	1,845
West Point	1,890
Williamsburg	2,840
Winchester	7,971
Woodstock	1,825
Wytheville	3,430

## WASHINGTON

1,587,000

Aberdeen.....	16,807
Anacortes.....	6,120
Arlington.....	1,635
Auburn.....	3,660
Bellingham.....	27,415
Blaine.....	2,610
Benton.....	12,375
Buckley.....	1,270
Burlington.....	1,570
Camas.....	2,130
Cashmere.....	1,290
Centralia.....	8,637
Charleston.....	3,920
Cheney.....	5,280
Cheney.....	1,445
Chehalis.....	1,490
Clarkston.....	2,150
Cle Elum.....	3,075

Colfax.....	3,510
Colville.....	1,985
Cosmopolis.....	1,750
Davenport.....	1,280
Dayton.....	3,105
Deer Park.....	1,370
Ellensburg.....	4,595
Elma.....	1,450
Enumclaw.....	1,590
Everett.....	30,631
Goldendale.....	1,470
Hillyard.....	4,567
Hoquiam.....	1,370
Kalama.....	1,420
Kelso.....	2,575
Kennewick.....	1,945
Kent.....	2,640
Kirkland.....	1,565
Leavenworth.....	2,075
Lynden.....	1,440
Marysville.....	1,440
Medical Lake.....	2,935
Monroe.....	1,935
Montesano.....	2,495
Mount Vernon.....	3,860
Olympia.....	9,925
Palouse.....	1,410
Pasco.....	3,890
Pomeroy.....	2,085
Port Angeles.....	6,195
Port Orchard.....	1,605
Port Townsend.....	3,290
Prosser.....	1,965
Pullman.....	3,780
Puyallup.....	7,320
Raymond.....	4,931
Renton.....	3,820
Ritzville.....	2,200
Roslyn.....	3,090
Rumney.....	1,410
Seattle.....	383,200
Sedro-Wooley.....	3,915
Shanaham.....	3,455
South Bend.....	2,250
Spokane.....	109,100
Sumner.....	1,735
Sunnyside.....	2,405
Tacoma.....	110,500
Tekoa.....	1,760
Toppenish.....	3,620
Vancouver.....	15,185
Waltburg.....	1,365
Walla Walla.....	15,968
Wenatchee.....	7,330
Yakima.....	23,695

## WEST VIRGINIA

1,724,000

Alderson.....	1,620
Ansted.....	1,395
Avis.....	1,830
Beeckley.....	4,798
Belington.....	2,040
Benwood.....	5,505
Bluefield.....	20,220
Bramwell.....	1,955
Bridgeport.....	1,555
Buckhannon.....	1,380
Cameron.....	2,786
Caredo.....	1,275
Charles Town.....	2,920

## CHARLESTON

Clarksburg .....	31,770
Clendenin .....	1,935
Davis .....	2,885
Elkins .....	7,860
Fairmont .....	21,915
Follansbee .....	3,640
Gassaway .....	1,760
Grafton .....	1,395
Hinton .....	5,535
Huntington .....	68,600
Kenova .....	2,505
Keyser .....	6,950
Keystone .....	2,130
Kimball .....	1,645
Lewisburg .....	3,470
Logan .....	3,470
McMechen .....	3,880
Mannington .....	4,255
Martinsburg .....	14,160
Monongah .....	2,345
Montgomery .....	2,470
Morgantown .....	4,440
Moundsville .....	12,189

Mount Hope.....	2,300
New Cumberland.....	2,105
New Martins.....	2,703
Parkeburg.....	22,265
Parsons.....	2,310
Philippi.....	1,785
Piedmont.....	3,270
Point Pleasant.....	3,545
Princeton.....	7,210
Raywood.....	1,450
Richwood.....	1,915
Ridgely.....	1,975
Ronceverte.....	2,680
St. Albans.....	3,268
St. Mary's.....	1,905
Salem.....	3,375
Shinnston.....	1,940
Sistersville.....	3,743
S. Charleston.....	4,228
Spencer.....	2,030
Thomas.....	2,440
Welch.....	3,735
Wellsburg.....	5,708
Weston.....	6,605
Wetzel.....	1,915
Wheeling.....	57,894
Williamson.....	7,990
Williamstown.....	2,075

## WISCONSIN

2,953,000

Algoma.....	2,210
Antigo.....	9,565
Appleton.....	22,098
Arcadia.....	1,635
Ashland.....	11,675
Augusta.....	1,620
Baraboo.....	6,410
Barro.....	1,855
Bayfield.....	1,660
Beaver Dam.....	9,249
Beloit.....	25,894
Berlin.....	5,095
Black River Falls.....	2,080

Bloom.....	1,905
Boscobel.....	1,930
Brodhead.....	1,850
Burlington.....	4,105
Cedarburg.....	2,005
Chilton.....	2,120
Chippewa Falls.....	9,830
Climax.....	1,810
Columbus.....	8,555
Crandon.....	1,890
Cuba City.....	1,365
Cudahy.....	7,790
Cumberland.....	1,770
Darlington.....	2,075
De Pere.....	6,010
Delavan.....	2,195
Dodgeville.....	3,490
Durand.....	1,760
Eau Claire.....	23,395
Egerton.....	3,105
Elkhorn.....	2,300
Elsworth.....	1,200
Elroy.....	1,980
Evansville.....	2,555
Fennimore.....	1,575
Fond du Lac.....	27,233
Fort Atkinson.....	5,695
Green Bay.....	36,100
Hamilton.....	2,190
Hartford.....	5,220
Hawthorn.....	1,500
Hudson.....	2,475
Hurley.....	3,685

Janesville.....	21,725
Jefferson.....	2,974
Kaukauna.....	6,890
Kenosha.....	56,500
Kewaunee.....	2,155
Kilbuck.....	1,850
Kilbuck.....	1,400
Lafayette.....	30,400
Lady Smith.....	4,140
Lake Geneva.....	3,042
Lake Mills.....	2,020
Lancaster.....	2,861
Little Chute.....	2,330

MADISON.....	50,500
Mantowoc.....	23,135
Marquette.....	14,008
Marshfield.....	9,090
Mauston.....	2,970
Mayville.....	3,455
Medford.....	2,180
Mellen.....	2,285
Menasha.....	8,353
Menomonie.....	5,905
Merrill.....	8,308
Moscow.....	544,200
Muskegon.....	2,200
Mondovi.....	1,795
Monroe.....	5,535
Mount Horeb.....	1,560
Neenah.....	8,305
Neillsville.....	2,510
Nekoosa.....	1,895
New Holstein.....	1,585
New London.....	5,390
New Richmond.....	2,595
N. Fond du Lac.....	2,385
N. Milwaukee.....	3,445
Oconomowoc.....	3,820
Oconto.....	5,695
Oconto Falls.....	2,215
Oosh.....	3,200
Park Falls.....	3,910
Peshigo.....	1,660
Phillips.....	2,275
Platteville.....	5,040
Plymouth.....	3,955
P. W. Washington.....	3,360

Prairie du Chien.....	4,092
Princeton.....	14,470
Racine.....	74,400
Reedsburg.....	3,470
Rhineland.....	7,697
Rice Lake.....	5,160
Richland Ctr.....	3,959
Ripon.....	4,550
River Falls.....	2,432
Seymour.....	1,475
Shawano.....	4,208
Sheboygan.....	35,100
Sheboygan Falls.....	2,310

Shorewood.....	3,060
S. Milwaukee.....	8,703
Sparta.....	1,615
Spooner.....	2,650
Stanley.....	2,979
Stevens Point.....	13,470
Stoughton.....	5,901
Sturgeon Bay.....	5,270
Sun Prairie.....	1,430
Superior.....	39,771
Tomah.....	3,765
Tomahawk.....	3,350
Two Rivers.....	8,470
Viroqua.....	2,979
Washburn.....	4,290
Waterloo.....	1,460
Watertown.....	10,094
Wausau.....	15,785
Waupaca.....	3,280
Waupun.....	5,135
Wausau.....	21,010
Wauwatosa.....	6,735
West Allis.....	19,195
West Bend.....	3,971
Westby.....	1,365
W. Milwaukee.....	2,454
Whitewater.....	3,445
Wisconsin Rapids.....	8,152

## WYOMING

247,000

Buffalo.....	1,750
Casper.....	24,697
CHEYENNE.....	14,005
Cody.....	1,075
Douglas.....	1,865
Evanston.....	3,720
Green River.....	2,465
Lander.....	1,410
Laramie.....	10,310
Rawlins.....	5,820
Rock Springs.....	7,285
Sheridan.....	8,948
Thermopolis.....	1,705